PLAN OF THE YEAR: Promise to get in shape in 2007 — and mean it! | **Inside**

express

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Tuesday

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Iraqis protest Saddam Hussein's execution.

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ENTERTAINMENT

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Weather >> Mostly Sunny

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Dems Poised for Quick Start

Ethics rules, minimum wage top agenda for new Congress

WASHINGTON | Democrats savoring a return from the political wilderness are ready to move quickly this week to take the levers of power in a Congress that has been run by Republicans the last 12 years.

On Thursday, Nancy Pelosi will take the gavel as the first woman speaker in the history of the House, and immediately launch a 100 legislative-hour march to quickly put the Democratic stamp on the new Congress.

Before President Bush arrives on Capitol Hill on Jan. 23 for his State of the Union address, House Democrats intend to update ethics rules, raise the minimum wage, implement 9/11 Commission recommendations, cut subsidies to the oil industry, promote stem cell research and make college educations and prescription drugs more affordable.

"Democrats are prepared to govern and ready to lead," said Pelosi, a Californian.

The new Democratic Senate, under Majority Leader Harry Reid of Nevada, will take a parallel if somewhat more leisurely track.

Pelosi

The first week or week-and-a-half of business will be devoted to ethics and lobbying reform that stalled in the last Congress, including a proposal to ban lawmakers from accepting gifts and travel from lobbyists and one making it more difficult for former members who become lobbyists to solicit their former colleagues. JIM ABRAMS (AP)

Bushes Pay Solemn Respects to Ford

NIKKI KAHN/TWP

MOMENT OF SILENCE: First lady Laura Bush and President Bush bow their heads in silence in front of former President Gerald Ford's casket Monday at the Capitol Rotunda. President Bush will eulogize Ford at Tuesday's funeral at the National Cathedral. ❖ **Public's tribute:** Thousands mourn Ford | **Page 3**

VOTING | **The Eyes Have It** These days, it seems, the huddled masses in Tamil Nadu, India, are yearning to get free TVs. Declaring color television a basic necessity, a political party promised free sets to the poor and swept to power in May.

So far, the Dravida Munnetra Kazhagam party, or DMK, has handed out 60,000 sets and plans to give away 30,000 more in coming months. As far as political platforms go, this one clearly has been a winner. (AP) **EyeOpeners** | **Page 2**

eyeOpeners

GAMBLING

Kid Is Already a Born Loser

A pregnant Kidderminster, England, woman who gave birth to children on Dec. 26, 27 and 28 in past years has lost a $1,500 bet that her next child would be born Dec. 29, 2006, the BBC reported. Wendy Legister was given 29-to-1 odds by a professional bookmaker of giving birth on that day, and she bet the equivalent of $56. "We were delighted to be able to oblige with perhaps the most unusual festive flutter of the year," said Graham Sharpe, a spokesman for the bookmaker. On Monday, Legister was still awaiting the birth of the child. (EXPRESS)

WEDDINGS

That Must Be One of The Groom's Guests

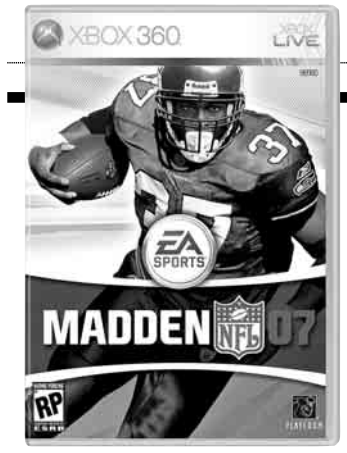
Six people were injured when a rampaging bull buffalo gored guests at a Phnom Penh, Cambodia, wedding, police said Friday. The buffalo charged from a nearby field into guests at the wedding on Thursday, said Chey So Sila, a district police chief. After goring four guests, the buffalo ran off to attack two passers-by, the officer said. (AP)

WINSLOW TOWNSON/AP

TRADITION

Brrrrr-ing in The New Year

First New Year's resolution: This year, risk frostbite more often. Well, the L Street Brownies can check that off their list after racing out of Boston Harbor during the 104th annual New Year's Day Polar Bear Swim on Monday. More than 150 people braved the rain and cold for the event. (EXPRESS)



Introducing EA Sports' "Madden NFL 2007," rated "RP" for "raging perverts."

SMUT

More Skin Flick Than Pigskin

Christmas turned X-rated for a Layton, Utah, boy who found pornography — not football — on a video game he received as a gift. Kolton Mahoney says an explicit image appears when he plays the Madden NFL 07 game on his Xbox 360 console. "This is definitely not Madden," Mahoney said, recalling his first thought when he saw it. Mahoney's parents also viewed the video and said they were stunned. (AP)

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WINTER SALE: Colorado couple Jim and Mary Walker are selling snow on eBay. Starting bids began at 99 cents for samples from "Blizzard I and Blizzard II." Only 10 offerings of snow are available and the proceeds are earmarked for a used snowblower or a pair of shovels.

Nation

HARAZ N. GHANBARI/AP

Libby, right, and his attorney Theodore V. Wells Jr. leave federal court in May.

Journalists May Testify In CIA Case

WASHINGTON | Some journalists who made careers out of questioning government officials and bearing witness to history may soon find themselves answering questions from prosecutors as key witnesses in the CIA leak case.

Ten or more reporters from some of the most prominent news organizations could be called to testify in the perjury and obstruction case of former White House aide I. Lewis "Scooter" Libby. Journalists will be dueling witnesses — some called by the defense team, some by prosecutors.

Prosecutors want to show that Libby lied to investigators about his conversations with journalists regarding outed CIA officer Valerie Plame, and they are expected to rely on former New York Times reporter Judith Miller, Time magazine reporter Matthew Cooper and NBC Washington bureau chief Tim Russert to make their case. (AP)

Bushes Honor Ford on Capitol Hill

President pays respects ahead of national day of mourning Tuesday

WASHINGTON | President Bush on Monday bowed his head in silence before the flag-draped casket of Gerald R. Ford — a man the president said used a calm, steady hand to guide the nation after the tumultuous Watergate years.

On a rainy afternoon, Bush and first lady Laura Bush joined thousands of other mourners in paying their respects to the 38th president lying in state at the Capitol.

Silence fell under the Capitol dome when the president walked toward the casket, illuminated by spotlights and guarded at each corner by members of the military honor guard. He and his wife lowered their heads for a few moments, then turned and walked away across the Rotunda's polished stone floor.

Bush, who said nothing during his one-minute stop in the Rotunda, is to eulogize Ford on Tuesday at his funeral at the National Cathedral.

"President Ford was a great American who gave many years of dedicated service to our country," Bush said in a statement released after Ford's death. "With his quiet integrity, common sense and kind instincts, President Ford helped heal our land and restore public confidence in the presidency."

DEB RIECHMANN (AP)

GERALD HERBERT/AP

First lady Laura Bush and President Bush pay their respects to former President Gerald R. Ford as he lies in state in the Capitol Rotunda in Washington on Monday.

FUNERAL PLANS FOR FORD

- Tuesday, 9:30 a.m.: President Ford's casket transported from Capitol to National Cathedral.
- 10:30 a.m.: National funeral service begins.
- 11:30 a.m.: Ford's casket is moved to Andrews Air Force Base for departure ceremony.
- 2:15 p.m.: Ford's casket arrives in Grand Rapids, Mich., for a private funeral service.

Special Report: Gerald R. Ford
For news, analysis and multimedia about Ford, visit **washingtonpost.com**

War Trauma May Raise Heart Risks

CHICAGO | A groundbreaking study of 1,946 male veterans of World War II and the Korean War suggests that vets with symptoms of post-traumatic stress disorder are at greater risk of heart attacks as they age.

The new study is the first to document a link between PTSD symptoms and future heart disease, and joins existing evidence that vets with PTSD also have more autoimmune diseases such as arthritis and psoriasis.

A second study, funded by the Army, found that soldiers returning from combat in Iraq with post-traumatic stress disorder reported worse physical health, more doctor visits and more missed workdays. The Army study is based on a survey of 2,863 soldiers one year after combat.

"The burden of war may be even greater than people think," said the first study's lead author, Laura Kubzansky of the Harvard School of Public Health, who studies anxiety, depression and anger as risk factors for heart disease. Her work, with colleagues from Harvard and Boston University, appears in Monday's Archives of General Psychiatry.

Their study was funded by the National Institutes of Health and the Department of Veterans Affairs. The Army study appears in Monday's American Journal of Psychiatry.

Medical authorities first accepted post-traumatic stress disorder as a psychiatric condition in 1980 at the urging of Vietnam War veterans. (AP)

HEARSAY | PLEDGES

"New York has slept through much of the past decade while the rest of the world has passed us by. ... Today is the day when all of that changes."

—NEW YORK GOVERNOR ELIOT SPITZER WHO CALLED FOR AN END TO "THE POLITICS OF CYNICISM AND DIVISION" AND SIGNED A SERIES OF ETHICS MEASURES.

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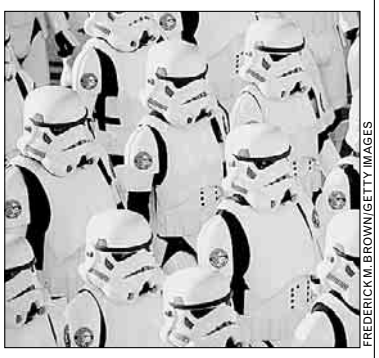
Nation

40 | **The percentage of bosses** who don't keep their word, a Florida State University study shows. More than a fourth bad-mouth those they supervise to co-workers and create plenty of problems for companies as well, leading to poor morale, less production and higher turnover.

In Brief



FREDERICK M. BROWN/GETTY IMAGES

Storm Troopers perform in the Rose Parade in Pasadena, Calif., on Monday.

PASADENA, CALIF.

Rose Parade Entry Pays Tribute to 'Star Wars' films

Hundreds of thousands of spectators bundled up in jackets and blankets lined the streets Monday for the 118th Rose Parade that featured a salute to "Star Wars." The three-piece "Star Wars Spectacular," an entry that celebrates the 1977 release of "Star Wars," featured about 200 stormtroopers led by Darth Vader that marched down Colorado Boulevard. The parade's grand marshal was "Star Wars" creator George Lucas. (AP)

MURFREESBORO, ARK.

Man Finds 2-Carat White Diamond at State Park

An Arkansas man found a 2.37-carat white diamond on Sunday at the world's only diamond-bearing site where visitors are allowed to search for and keep the gems they find. Gary Dunlap of Jefferson named the diamond he found the Star of Thelma to honor his wife of more than 10 years. In all, 486 diamonds were found in 2006 at the Crater of Diamonds State Park in Murfreesboro. (AP)

BOSTON

Romney to Submit Papers For '08 Exploratory Group

Gov. Mitt Romney this week will submit the necessary paperwork to form a presidential exploratory committee, but not until funeral services for former President Gerald R. Ford have concluded, according to a top aide familiar with his plans. Romney will file by Wednesday with the Federal Election Commission, the aide said, a registration that will allow the Massachusetts governor to raise and spend money in pursuit of the 2008 GOP nomination. (AP)

Plains Digs Out From Winter Storm

Blizzard leaves 12 dead in four states; crews work to restore power

LANE HICKENBOTTOM/AP

Mark Hilligas tosses a downed tree limb into the back of a dump truck during storm cleanup efforts Monday in Grand Island, Neb.

DENVER | Pilots in a dozen planes were sent up over the plains of Colorado and Kansas on Monday to look for any snowbound travelers following a blizzard that dumped nearly 3 feet of snow and piled it in drifts 15 feet high.

Utility crews, meanwhile, struggled to restore electrical service to tens of thousands of homes and businesses.

The storm, which struck on Thursday, had dwindled to a line of heavy rainfall Monday along the East Coast, but a few roads in southeastern Colorado and western Kansas were still choked by snow.

"Life and safety are still the No. 1 priorities. We need to get the roads open so people can get out and deal with the situation," said Dick Vnuk of the Colorado Division of Emergency Management.

The huge storm was blamed for at least 12 deaths in four states. It was the second blizzard in as many weeks.

The Civil Air Patrol sent six planes into the air Monday over Colorado's Kit Carson County, where there had been reports of more people snowbound along Interstate 70, even though that highway was reopened Sunday for the first time in two days, patrol 1st Lt. Steve Hamilton.

On Sunday, CAP crews spotted two stranded vehicles with five people near the Kansas state line, along with several trucks whose crews chose to stay with their rigs, Hamilton said.

Some roads in southeast Colorado were choked by snowdrifts that measured 10 feet high and 15-foot drifts had been piled up in western Kansas. JON SARCHE (AP)

Study Says La. Is Slipping Into Gulf

Report finds slide is triggered by shifting faults under the delta

NEW ORLEANS | A new report by scientists studying Louisiana's sinking coast says the land here is not just sinking, it's sliding ever so slowly into the Gulf of Mexico. The new findings may add a kink to plans being drawn up to build bigger and better levees to protect this historic city and Cajun bayou culture.

If the land is shifting — even slightly — engineers may need to take that into consideration as they build new levees and draw lines across the coast to identify areas that should and shouldn't be protected.

Researchers have known for years that the swampy land under south Louisiana is sinking (potholed streets and wobbly porches and floors are visible evidence of that), but a lateral movement of the land into the Gulf enters largely unstudied terrain.

The report, which appeared in December's Geophysical Research Letters, a peer-reviewed journal published by the American Geophysical Union, says the bedrock under heavily populated southeast Louisiana is breaking away at a glacial speed — at the pace fingernails grow.

The southward movement, the study says, is triggered by deep underground faults slipping under the enormous weight of sediment dumped by the Mississippi River.

The slippage, though, is confined to a large egg-shaped area approximately 250 miles long and 180 miles wide that encompasses the delta of the Mississippi, which was built up by river deposits over the past 8,000 years, the report says.

The report was based on data collected between 1995 and 2006 by Global Positioning System stations installed in recent years to better understand the dynamic nature of this delta the French settled in 300 years ago.

"People should not be afraid that we're going to fall into the Gulf. That's not going to happen," said Roy Dokka, lead researcher and executive director of the Center for GeoInformatics at Louisiana State University.

He described the slide into the Gulf as "a kind of avalanche of material, except that it is happening very slowly. It moved about the width of two credit cards this year." CAIN BURDEAU (AP)

Dive Team Seals Leaking Pipeline In Gulf of Mexico

HOUSTON | Divers sealed a broken oil pipeline Sunday after about 44,500 gallons leaked into the Gulf of Mexico, the Coast Guard said.

The weeklong spill about 30 miles south of Galveston was expected to have minimal effect on the environment. The oil continued to move away from land Sunday and was quickly dispersing, the Coast Guard said.

A portion of the High Island Pipeline System ruptured Dec. 24. The pipeline's owner, Houston-based Plains All American Pipeline LP, shut down the line after detecting a pressure loss in the system.

A ship trying to moor in the area might have dropped its anchor on the pipeline, officials said. (AP)

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"[D]enmark enjoys respect because we held our ground. ... We protected the freedom of speech, which is the most precious freedom that we have."

—**Danish PM Anders Fogh Rasmussen**, on Denmark's response to the Prophet Muhammad cartoon crisis

World

Sunnis Protest Saddam's Hanging

Demonstrations come as U.S. military death toll climbs to 3,002

BAGHDAD, IRAQ | Enraged crowds protested the hanging of Saddam Hussein across Iraq's Sunni heartland Monday, as a mob in Samara broke the locks off a bomb-damaged Shiite shrine and marched through carrying a mock coffin and photo of the dictator.

The demonstration in the Golden Dome, shattered in a bombing by Sunni extremists 10 months ago, suggests that many Sunni Arabs may now more actively support the small number of Sunni militants fighting the country's Shiite-dominated government.

Monday's protest came on a day that saw the U.S. military kill six Iraqis during a raid on the offices of a prominent Sunni political figure, who was suspected of giving al-Qaeda in Iraq fighters sanctuary.

Until Saddam's execution Saturday, most Sunnis sympathized with militants but avoided taking a direct role in the sectarian conflict — despite attacks by Shiite militia that have killed thousands of Sunnis or driven them from their homes.

DIA HAMID/AFP/GETTY IMAGES

Sunni demonstrators protest Saddam Hussein's execution in Tikrit on Monday.

The current Sunni protests, which appear to be building, could signal a spreading militancy.

Sunnis were not only outraged by Saddam's hurried execution, just four days after an appeals court upheld his conviction and sentence. Many were also incensed by the unruly scene in the execution chamber, captured on video, in which Saddam was taunted with chants of "Muqtada, Muqtada, Muqtada."

The chants referred to Muqtada al-Sadr, a firebrand Shiite cleric who runs one of Iraq's most violent religious militias.

The U.S. death toll, meanwhile, climbed to at least 3,002 by the final day of 2006 as the American military reported the deaths of two more soldiers in an explosion Sunday in Diyala Province, northeast of the capital. With the announcement, the Associated Press count of fatalities showed that at least 113 U.S. service members died in December. That makes it bloodiest month of 2006. LAUREN FRAYER (AP)

Hauntings of Betrayal

➜ In a nation riven by violence and competing visions, Iraq's Shiites are at a crossroads in their rise from oppression to power and in their relationship to the U.S. | **Today, AI**

IN The Washington Post

Militants Continue To Retreat in Somalia

Government troops seize last stronghold of Islamic movement

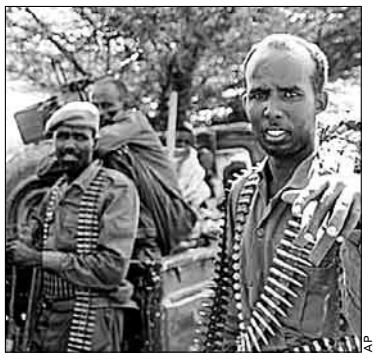
MOGADISHU, SOMALIA | A militant Islamist movement fled from rapidly advancing government forces into a rugged, forested corner of Somalia, as the prime minister offered the Islamist rank and file amnesty if they surrendered.

Diplomats from the region were working to arrange the speedy deployment of African peacekeepers to help the interim government establish its authority in the country.

As the last remaining stronghold of the Islamic group was overrun by government troops backed by Ethiopian tanks and MiG fighter jets, the net began closing on suspected al-Qaeda fighters believed to be sheltered by the hardline group.

Neighboring Kenya vowed to seal its frontier to prevent any extremists, now wedged against the sea and their border, from escaping the 13-day military offensive.

Sea routes from southern Somalia were also being patrolled by the U.S. Navy, hunting three al-Qaeda suspects believed to be among the Islamic group and wanted for the 1998 bombings of U.S. embassies in East Africa.



AP

Ethiopian soldiers arrive in Kismayu, Somalia, amid the military offensive.

The military advance marks a stunning turnaround for Somalia's government, which just weeks ago could barely control one town while the Council of Islamic Courts controlled the capital and much of southern Somalia.

But with the intervention of Ethiopia, which has one of Africa's largest armies, the Islamic group has been forced from the capital, Mogadishu, and other key towns in the last ten days.

Yet it does not mark the end of the Islamists or their ultimate defeat. The group has promised to wage an Iraq-style guerrilla war if defeated, and a woman was killed Sunday in a mysterious blast in the capital. MOHAMED OLAD HASSAN (AP)

ITALY | DIVING IN TO A NEW YEAR

ALESSANDRA TARANTINO/AP

AIRBORNE: Aldo Corrieri, 53, takes a dive into the murky waters of the Tiber River from the Ponte Cavour bridge to celebrate the arrival of the new year in Rome on Monday. Corrieri's dive is part of a popular Roman holiday tradition, which began in 1966 and included a simultaneous three-man dive this year.

BY THE NUMBERS: Japanese births rose for the first time in six years in 2006, according to government statistics announced Monday, offering a glimmer of hope for a rapidly aging society. Preliminary data for 2006 showed there were 1.086 million births in Japan last year, 23,000 more than the previous year, the Health Ministry said Monday. (AP)

In Brief

BANGKOK, THAILAND

Government Blames Backers Of Ousted PM for Bombings

Thailand's military-backed government is blaming supporters of ousted Prime Minister Thaksin Shinawatra for a string of deadly New Year's Eve blasts that killed at least three people and wounded 38 in the Thai capital. The nine small bombs that exploded across Bangkok and its environs over several hours starting Sunday night prompted city authorities to shut down large-scale celebrations. No one has claimed responsibility for the bombings, but the government is focusing on supporters of the former regime. (AP)

BRASILIA, BRAZIL

Silva Pledges to Improve Economy at Inauguration

Brazil's first working-class president was sworn in Monday to a second term, promising to boost the nation's lackluster economy and ease the deep divide between a rich elite and millions living in misery. Luiz Inacio Lula da Silva took the oath of office in Congress after riding to the ceremony in a classic Rolls-Royce convertible, in keeping with inaugural protocol, but insisted he has not lost sight of his roots as the son of a dirt-poor farmer from Brazil's impoverished northeast. (AP)

World

CLICK IT: France is gearing up for the country's first Web-based primary, in a presidential race during which the Internet has acquired new importance. The UMP party primary, which begins Tuesday, is not likely to be a nail-biter: There's only one candidate, Interior Minister Nicolas Sarkozy, on the virtual ballot.

Hajj Pilgrims Finish Complex Ritual

'Ask a sheik' booths aid Muslims making crowded holy journey

KHALIL HAMRA/AP

SPIRITUAL TREK: Hajj pilgrims pray after throwing stones at a pillar representing the devil in Mina, Saudi Arabia, on Monday.

MINA, SAUDI ARABIA | The rituals of Islam's annual hajj pilgrimage are enormously complicated, so it helps to have someone to advise how to do them right. Thus the long lines Monday at the "ask a sheik" booths scattered around the holy sites.

"Fast for three days when you get back to your home country," the Muslim cleric inside one booth told a pilgrim who had made a mistake in one of the rites Monday, the final day of the pilgrimage for many of the 3 million Muslims participating in this year's hajj.

More than two dozen pilgrims were lined up at the sheik's window, much like a ticket booth, pressing to ask the sheik questions at Mina, a desert plain outside the holy city of Mecca. On Monday, pilgrims spent a third day stoning three walls representing Satan in a rite forsaking sin and temptation.

This year saw controversy over one of the hajj rules amid attempts to prevent deadly stampedes that have marred the rites at Mina in past years. More than 360 were killed during last year's hajj in a crush that occurred when some pilgrims tripped over baggage while passing by the three walls to perform the stoning.

Since then, some Islamic clerics have issued fatwas, or religious edicts, declaring that pilgrims do not have to wait until noon to carry out the stoning, as tradition holds. Saudi authorities have supported the fatwas, hoping to spread the massive crowds over the course of the day and prevent lethal jams.

But hard-line clerics stick by tradition.

"No, you can't do it before noon," said the sheik in the booth.

Still, hundreds of thousands of pilgrims performed the stoning before noon, walking below and on top of a gigantic concrete platform that surrounds the three stone walls, known as the Jamarat.

After Monday's stoning, most pilgrims packed up their belongings and left Mina for Mecca, where they circled the Kaaba — the black stone cube that is Islam's holiest site — for the last time, bringing their five-day hajj to an end.

Pilgrims come from across the world to perform the hajj, a chance to purge themselves of sin and fulfill one of the five main tenets — or pillars — of Islam. Often pilgrims save up money for years for what is usually a once-in-a-lifetime opportunity. LEE KEATH (AP)

LEE JIN-MAN/AP

Ban Ki-moon will be the first Asian to lead the United Nations in 35 years.

Tough Job Ahead for U.N. Chief

S. Korean diplomat officially takes over as world body's leader

UNITED NATIONS | South Korean diplomat Ban Ki-moon took the reins of the United Nations on New Year's Day as the world body's eighth secretary-general with a tough array of global issues to confront — from escalating violence in Darfur and rising Mideast tensions to combating AIDS and poverty.

The 62-year-old career diplomat, who grew up during a war that left his country divided, has promised to make peace with North Korea a top priority. He said he will travel there when necessary and cautioned that the reclusive communist nation must be talked to — and not just punished with sanctions for conducting a nuclear test.

The United States is certain to press Ban to undertake more widespread management reforms at the United Nations, begun by his predecessor, Kofi Annan.

Ban defeated six other candidates vying to be the U.N. chief and won final approval from the General Assembly in October.

On Sunday, Ban was already taking charge.

He announced his first two appointments — veteran Indian diplomat Vijay Nambiar, who has been a special adviser to Annan, as his chief of staff, and award-winning Haitian journalist Michele Montas, the head of the French unit of U.N. Radio, as his spokeswoman. (AP)

EU Adds Bulgaria, Romania to Bloc

SOFIA, BULGARIA | Bulgaria and Romania — two former communist nations from one of the poorest corners of Europe — joined the European Union on Monday to bring the bloc's membership to 27 nations.

The two, which bring 30 million new members to the union, officially joined the EU at midnight to joyous fireworks celebrations that drew tens of thousands of New Year's Eve revelers to the two capitals of Sofia and Bucharest.

Bulgaria and Romania threw off communism in 1989, applied for EU membership in 1995 and began accession talks in 2000. (AP)

Search Launched for Indonesian Jet

Crash feared after plane with 102 aboard sends distress signals

JAKARTA, INDONESIA | An Indonesian passenger plane carrying 102 people disappeared in stormy weather Monday, and rescuers were sent to the area where the Boeing 737-400 may have crashed in what would be the country's second major transportation disaster in four days.

Adam Air Flight KI-574 was on a two-hour flight from Indonesia's main island of Java to Manado, on the tip of Sulawesi, one of the largest islands in the archipelago.

HENDRA PRADANA/AP

A relative of a passenger on the missing jet weeps at an Indonesian airport.

Transport Minister Hatta Radjasa said the first distress signal from the plane was picked up over Sulawesi, about 470 miles southwest of Manado. The second was detected over Majene, a coastal city 550 miles southwest of Manado, another aviation official said, adding to confusion as to whether it disappeared over land or sea.

He said some rescue teams have already been deployed and that search parties would set out to those possible locations at dawn Tuesday.

Weeks of seasonal rains and high winds in Indonesia have caused several deadly floods, landslides and maritime accidents, including the sinking of a ferry in the Java Sea just before midnight Friday that left at least 400 people dead or missing. ZAKKI HAKIM (AP)

CROPP OUT: Linda Cropp is departing the D.C. government after more than 25 years of service. The outgoing D.C. Council chairman is one of the city's longest-serving officials, having held offices since 1980 from the school board to the D.C. Council.

Local

Smoking Ends in D.C. Bars

Some businesses say move could redirect their customers to Va.

WASHINGTON | Smokers are being forced outside the District's bars and nightclubs on Tuesday, and some businesses say they're worried about losing dollars to their counterparts in Virginia, known for its strong ties to tobacco.

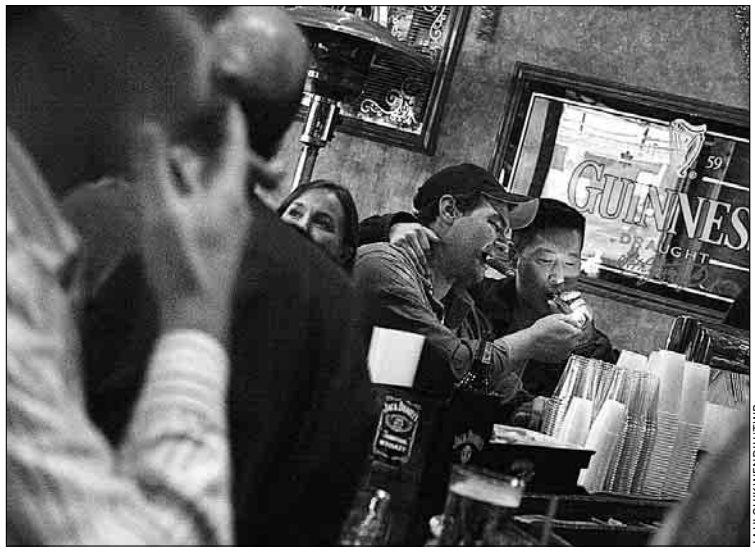
The smoking ban passed one year ago by the D.C. Council took effect in April 2006 for restaurants and offices and extended to bars and nightclubs after Monday.

"People are ... going to drive closer to home [in Virginia]," said Jody Taylor, manager of the Black Rooster Pub in D.C. "For a lot of people, it's hard to have that cold beer in one hand without a cigarette in the other."

Opponents of the ban have included business owners and the Restaurant Association of Metropolitan Washington, which also expressed concerns that the smoke-out will send business outside the city. Others complain the new restrictions will increase noise and litter on city streets.

But Mark Aburrow, a bartender at Mackey's Public House in D.C., seemed resigned to the ban and said he didn't think it would change business much. "It's just going to annoy people," he said.

As a D.C. Council member, Mayor-elect Adrian M. Fenty was one of the chief proponents of the smoking ban. BRETT ZONGKER (AP)



JAHI CHIKWENDIU/TWP

Adams Mill Bar and Grill owner Darrell Green gives a light on Monday to patron Joseppie Rossa on the last night smoking was legal in Washington bars.

D.C. Homicide Rate Decreases 15 Percent

Police figures show a drop in killings from 196 in '05 to 167 in '06

WASHINGTON | Homicides were down in the area in 2006, while Baltimore showed a slight increase, according to preliminary police figures.

There were 167 killings in the District, down 15 percent from the 2005 total of 196.

Baltimore recorded 274 homicides in 2006, according to preliminary figures. That was an increase from the 2005 count of 269, but significantly lower that the record 353 homicides in 1993.

Baltimore City Council President and Mayor-to-be Sheila Dixon said that, in recent years, the federal government has focused on overseas wars instead of helping cities deal with crime. But she also said the city's agencies have to work together.

"Our police department, our state's attorney, our court system ... have to be on the same page," Dixon said.

James Baker, the mayor of Wilmington, Del., where homicides reached an all-time high in 2006, echoed Dixon's comments. (AP)

Roads to Be Closed for Ford Funeral

WASHINGTON | There will be major street closures downtown Tuesday for the funeral of former President Gerald Ford.

Most of the closures between the Capitol and the National Cathedral will last from 8 a.m. until the procession passes. Woodley Road NW, between 34th and 38th Streets, will be closed starting at 7 a.m. (AP)

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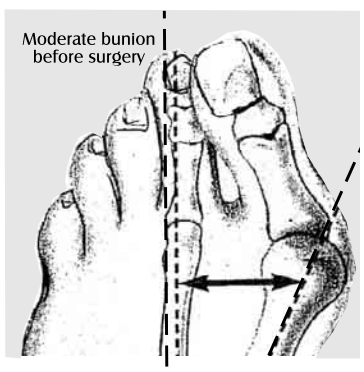

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Local

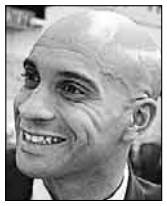
Fenty Takes Over As District Mayor

Swearing-in ceremony on Tuesday to precede a barrage of new plans

WASHINGTON | Adrian M. Fenty will cap his two-year quest to become the city's fifth elected mayor when he is sworn in at D.C. Superior Court on Tuesday, and, within days, plans to unveil his first major legislative proposal: a bid to take direct control of the failing school system.

Fenty, 36, a Democrat, is scheduled to assume power from outgoing Mayor Anthony Williams shortly after 8 a.m. in a small ceremony during which Chief Judge Eric T. Washington will administer the oath of office to Fenty and incoming D.C. Council members. Because Tuesday is a national day of mourning for former President Gerald R. Ford, Fenty has rescheduled his public ceremony for Wednesday and his inaugural ball for Saturday, both at the Washington Convention Center.

In office, Fenty plans to make a rapid-fire series of announcements, starting Thursday with details of his proposal to restructure the governance of the 58,000-student school system. Under his plan, the school superintendent would report directly to him, and the council would have line-item authority of the system's operating budget, said sources who spoke on condition of anonymity.



Fenty

The Board of Education would retain some authority in areas such as standardized testing and teacher certification, the sources said. But the board would have no authority over management, budget or programmatic decisions.

Within his first week as mayor, Fenty also will move into a new "bullpen" office at city hall in which he will sit alongside 30 top deputies; introduce plans with police chief nominee Cathy L. Lanier to increase police presence in neighborhoods; and kick off his Capstat program, a computer-assisted analysis of city agencies designed to improve efficiency and eliminate waste.

DAVID NAKAMURA (THE WASHINGTON POST)

Md. Woman Killed; Children Missing

BURTONSVILLE, MD. | A woman was killed in her home early Monday and police were searching for her three children and their father.

Chidiebere Omenihu Ochulo, 36, was found dead inside the home after police responded to a report of an unconscious woman, county police said. The children were also missing from the home. (AP)

Search mobilizes: Amber Alert issued for the children; father and mother had split. **Today's Post, Metro**

The Lotteries

Monday, January 1

DISTRICT

Mid-day Lucky Numbers	**9-6-5 (White)**
Evening Lucky Numbers	**8-2-1 (White)**
Mid-day DC 4	**1-2-8-9**
Evening DC 4	**5-2-4-5**
Rolling Cash Five	**15-2-14-17-32**
Daily 6	**14-2-4-23-15-13 (9)**

MARYLAND

Mid-day Pick 3	**5-9-5**
Evening Pick 3	**9-0-2**
Mid-day Pick 4	**6-2-1-9**
Evening Pick 4	**8-5-0-1**
Match 5	**8-12-20-24-30 (19)**

VIRGINIA

Mid-day Pick 3	**7-2-3**
Mid-day Pick 4	**2-3-0-8**
Mid-day Cash 5	**6-11-20-31-33**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

4.5 | **The amount, in millions of dollars,** the Dolphins pay coach Nick Saban per season. Alabama has offered Saban more than $4 million per season over the next eight to 10 years, ESPN reported, despite the coach saying many times that he's not leaving Miami.

Gibbs Doesn't Have All the Answers

Coach says everything will be re-evaluated after frustrating year

REDSKINS | The last time Joe Gibbs had his worst season as a coach, he used the final meeting of the season to give a stern message and outline a definitive plan for success.

Two years later, Gibbs has a new worst season to contemplate. This time, there's no telling what he'll do.

Gibbs was as nebulous as he could be during his season-ending session with reporters Monday. Just when it appeared he was about to rule out the possibility of adding a general manager, he seemed to leave the door open that owner Dan Snyder might hire one. He tried his best to stay clear of making a concrete statement possible changes in his coaching staff, eventually settling for: "We've got a good group to go with."

Gibbs said the Redskins will continue to be "aggressive" in free agency, but the structure of the offseason workout program and training camp remains to be seen.

One reason Gibbs didn't give many answers: He doesn't yet know them himself.

"You talk about everything, particularly when you're 5-11," the coach said.

NICK WASS/AP

Coach Joe Gibbs jogs off the field after a 34-28 loss to the Giants on Saturday, ending a season that Gibbs called "the toughest five months of my professional career."

Gibbs said he was having several extensive meetings with Snyder about the team's direction, and the coach is also having his staff perform a survey of other teams to see how they operate. Also, the entire coaching staff will spend the coming weeks reviewing every play from the season to make player evaluations.

"It was the toughest five months of my professional career, as far as coaching," Gibbs said.

When asked about the front office, Gibbs said: "I don't think there's anything in there that we don't talk about and see if there's any way we can do a better job of it."

When told that fans would hear that answer and say it leaves open the possibility of hiring a GM, Gibbs said: "They're incorrect." But then he said: "My statement was there's nothing we won't talk about."

Offensive Experiment

➜ When the Redskins hired Al Saunders, Gibbs thought he was getting a coach with philosophies similar to his own. He was wrong, and the tension grew throughout the season. | **Today, Sports**

IN The Washington Post

Gibbs said he expects two high-paid disappointments — receiver Brandon Lloyd and safety Adam Archuleta — to return. Gibbs said Lloyd "certainly fits in our future" despite problems on and off the field, and Archuleta spent the entire season in the coaches' doghouse.

"I hope it winds up being a good thing in the end," Gibbs said of Archuleta. "We wanted him to have a great year for us and he didn't." JOSEPH WHITE (AP)

Swengali

REDSKINS | BY MATT SWENSON

Defense Is the Weakest Link

FOR ALL THE TALK ABOUT the dysfunctional marriage of Joe Gibbs' and Al Saunders' offenses, the Redskins' offseason should be focused on fixing the defense.

It was all too appropriate that Tiki Barber ran over Washington in Saturday's season finale, punctuating a wasted season full of so much potential.

At the bare minimum, the Redskins need two new defensive linemen, a strong middle linebacker, a safety and a cornerback to replace the oft-injured Shawn Springs.

The most critical need is on the line, which must generate a better pass rush and stuff more runs if the team is to be successful.

> **The most critical need** is on the line, which must generate a better pass rush.

The good news is the Redskins own the No. 6 pick in April's draft. They need to treasure this pick after years of throwing away draft choices like they were going out of style.

Trading the pick isn't necessarily a bad idea. Given how much the Redskins need to do, the more they get out of the pick the better. (Think Denver will take Clinton Portis and the pick for Champ Bailey? Just kidding.)

Of course, the biggest obstacle standing in the way of the Redskins is the Redskins. As the 5-11 record demonstrates, the team's talent evaluators leave much to be desired.

If a general manger isn't hired and Washington endures another offseason like last year, the calls in the city will be clear. It will be time for Gibbs to go.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Green and Mora Are First Head Coaches Fired

FOOTBALL | Dennis Green couldn't get the Arizona Cardinals into contention. Jim Mora couldn't keep the Atlanta Falcons in contention.

Both are now unemployed.

The first two coaching dismissals after the NFL season came quickly. Less than 24 hours after their teams concluded losing campaigns, the Cardinals canned Green and the Falcons fired Mora. Both were in their third years on the job.

No one expects the flood of movement that occurred a year ago, but Monday indicates this could be a painful January in the precarious profession. BARRY WILNER (AP)

Capitals Handed 5th Straight Loss

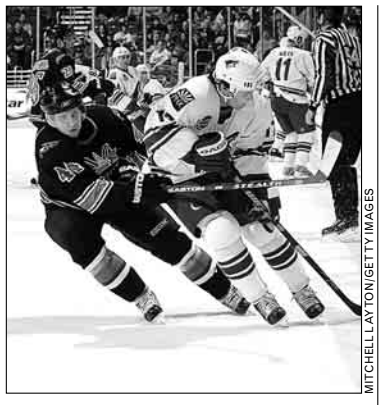
Washington continues to struggle on power play in loss to Phoenix

CAPITALS | Owen Nolan had a goal and an assist in Phoenix's three-goal first period, and the Coyotes beat the struggling Washington Capitals 3-2 Monday for their third straight win.

Mikael Tellqvist made 30 saves for Phoenix, which has won four of its last five after struggling throughout the first half of the season.

The Capitals scored once during seven power plays. They've lost five straight and seven of eight.

The Coyotes have been looking for more punch on offense all season, especially on the power play.



MITCHELL LAYTON/GETTY IMAGES

The Caps' Steve Eminger fights for a puck during Washington's 3-2 loss.

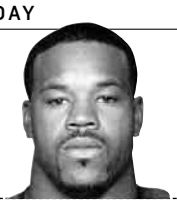
Phoenix entered the game ranked 29th in the NHL on the power play but scored twice in five chances.

Both goals came in the first period and helped the Coyotes take a 3-1 lead after one.

Nolan gave Phoenix an early 1-0 lead with a power-play goal 2:02 into the game, but Brian Pothier's power-play goal tied it for Washington with 6:17 left in the period. It was the defenseman's first goal as a Capital and ended a streak of 51 games without a goal.

Keith Ballard broke the tie when he took a Nolan pass and fired a wrist shot past Washington goalie Olie Kolzig for a 2-1 lead with 3:04 left. Shane Doan added the Coyotes' second extra-man goal of the period with 14.1 seconds remaining. (AP)

Sports



"I didn't cry. I almost did, but I didn't. Yeah, it was emotional because that's my guy." —**Steelers LB Joey Porter** on the final team meeting of the year with coach Bill Cowher, who is expected to retire this offseason.

With Win No. 880, Knight Is on Top

Coach becomes the winningest in college basketball history

COLLEGE BASKETBALL | Bob Knight has been the game's orneriest coach forever. Now he's the winningest.

Knight earned career victory No. 880 the hard way when his Texas Tech Red Raiders blew a 20-point lead but withstood a 3-point miss at the buzzer to beat New Mexico 70-68 on Monday in a game lacking the fanfare of his first attempt.

Pat Smith, Knight's son and successor-in-waiting, put an arm around his dad's neck as they walked to shake hands with New Mexico coach Ritchie McKay. They looked as relieved to have won this game as to have the hoopla of the record behind them.

The crowd already was on its feet and the cheers turned louder. Knight did a television interview, then "My Way" by Frank Sinatra blared, a not-so-subtle reminder of Knight's personal and professional credo.

A series of video tributes followed, with former player and assistant Mike Krzyzewski of Duke saying, "You are the best there's ever been. I'm so glad you've been my mentor, you've been my coach and you've been my friend."

LM OTERO/AP

Texas Tech coach Bob Knight waves to the crowd after beating New Mexico.

Arizona's Lute Olson is second among active coaches with 772 wins. But at 72, and also under contract through 2011, he is not likely to make up enough ground.

Krzyzewski has 765 wins and is 59. However, Coach K would be 64 in 2011 and might still be 100 wins behind. JAIME ARON (AP)

Broncos CB Killed In Shooting

Williams, 24, is one of three people shot in drive-by on Monday

FOOTBALL | Broncos cornerback Darrent Williams was killed in a drive-by shooting early Monday after an argument at a nightclub, his limousine sprayed with bullets in downtown Denver.

Team spokesman Jim Saccomano said police called him about 3 a.m. from the scene and told him three people had been shot, and that 24-year-old Williams had been killed. His death came hours after the Denver Broncos were eliminated from the playoff race.

Williams

A little after 2 a.m., a white Hummer limousine was fired on from a vehicle that pulled up along its side, police spokesman Sonny Jackson said.

Jackson said there was a dispute at a nightclub several blocks from the shooting where Williams and his group had attended a New Year's Eve party. He said the argument didn't specifically involve Williams, according to witnesses. (AP)

PHIL COALE/AP

West Virginia quarterback Pat White led the Mountaineers on a comeback from 18 points down against Georgia Tech.

Mountaineers Climb Back to Get Win

QB White leads W.Va. from 18 points down to beat Georgia Tech

COLLEGE FOOTBALL | Quarterback Patrick White led West Virginia back from an 18-point deficit in the second half for a 38-35 victory over Georgia Tech in the Gator Bowl on Monday.

Tailback Steve Slaton, the country's third-leading rusher at 144 yards a game, played only the first half for the Mountaineers (11-2) and wasn't a factor. Slaton's status was uncertain before kickoff with a badly bruised left thigh, and the sophomore managed just 11 yards on three carries.

White was 9-of-15 for 131 yards and two touchdowns and rushed 22 times for 145 yards and a touchdown. Owen Schmitt ran 13 times for 109 yards and two TDs.

The teams set a Gator Bowl record for scoring, breaking the previous mark set in Tennessee's 45-23 win over Virginia Tech in 1994.

Georgia Tech (9-5) tried a 54-yard field goal on fourth-and-9 with five minutes left that could have tied the score, but Travis Bell's kick fell well short. West Virginia then ran out the clock.

It was an astonishing turnaround from the first half, in which Georgia Tech's sophomore quarterback Taylor Bennett and All-America wideout Calvin Johnson picked apart West Virginia's secondary. (AP)

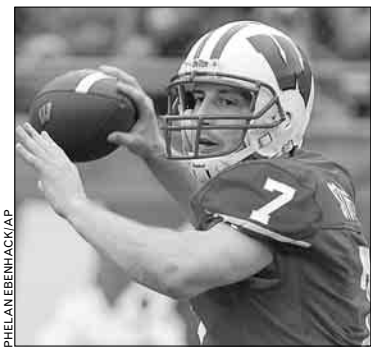
Late Games: The Rose and Fiesta bowls ended after Express' deadline. For results | **Today's Post, Sports**

In Brief

COLLEGE FOOTBALL

No. 6 Wisconsin Holds off Arkansas to Win Capital One

John Stocco threw two first-half touchdown passes and No. 6 Wisconsin held on through a tense second half to beat No. 12 Arkansas 17-14 in the Capital One Bowl on Monday. The Badgers (12-1) led 17-7 at halftime, but most of the second half was played in Wisconsin territory. Felix Jones brought the Razorbacks within three points with a 12-yard scoring run in the fourth quarter, but Arkansas (10-4) could not overcome an undisciplined, mistake-filled performance. (AP)



PHELAN EBENHACK/AP

Wisconsin quarterback John Stocco helped lead the Badgers past Arkansas.

COLLEGE FOOTBALL

Paterno-less Lions Beat Tennessee in Outback Bowl

Joe Paterno was a no-show on the sideline. That hardly kept Penn State from shining in the Outback Bowl. With the legendary coach watching from the press box while recovering from a broken leg, Tony Hunt ran for 158 yards and Tony Davis returned an interception 86 yards for a touchdown Monday, leading the Nittany Lions to a 20-10 victory over No. 17 Tennessee. (AP)

TODAY'S TV LINEUP

COLLEGE FOOTBALL (8:15 P.M. ON FOX) Conference champions Louisville and Wake Forest face off in the Orange Bowl in Miami.

COLLEGE HOOPS (7 P.M. ON ESPN2 AND 8 P.M. ON ESPN) Temple is at Duke to play the Blue Devils, and Indiana travels to Ohio State to take on Greg Oden and the Buckeyes.

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WSC

Personal Tech

STOP AND SHOP: Stores in Tokyo are set to beam news of special offers, menus and coupons to passers-by in a trial run of a radio-tagging system. Users will be transmitted information from nearby shops on a prototype reader or get messages on their cell phones.

A Very Public Posting

Social site users are thinking twice about what ends up online

CONNECTIONS | Walls of an auditorium were covered with thousands of sheets of paper — printouts from MySpace, Facebook, YouTube and other online sites that were filled with backstabbing gossip, unflattering images and details about partying and dating exploits.

Each posting was easily accessed online, no password needed. But seeing them on paper — and in some cases, being asked to read them aloud — grabbed the attention of members of the North American Federation of Temple Youth, who gathered earlier this year at a camp outside New York City. That each of the pages mentioned their organization in some way only made it that much more embarrassing.

It's just one of a growing number of instances in which people who blog and use social-networking and video sites are realizing just how public those spaces can be.

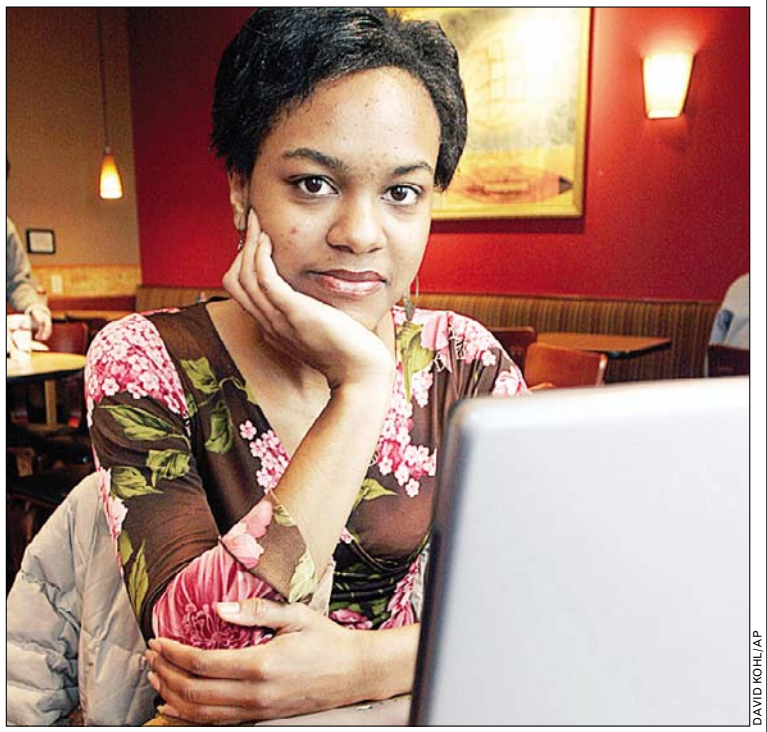
That realization, in turn, is causing many of them to reconsider what they post — or, at the very least, to do more to protect their privacy.

Chuck Sanchez, a 25-year-old Chicagoan, recently deleted references to his public relations firm on his MySpace page after everyone from a job applicant to his fiancee's mother found the page.

"It's simply not worth it," he says. "I want my personal site to be just that: personal."

When it comes to posting personal information online, predators and other criminals are, of course, always a concern.

But it goes well beyond that as more adults — teachers, parents, university admissions counselors and prospective employers — become savvy about searching online spaces.



DAVID KOHL/AP

SEE AND BE SEEN: Melissa Bush, a University of Dayton student, is careful about what gets posted on her Facebook profile in case potential employers check it.

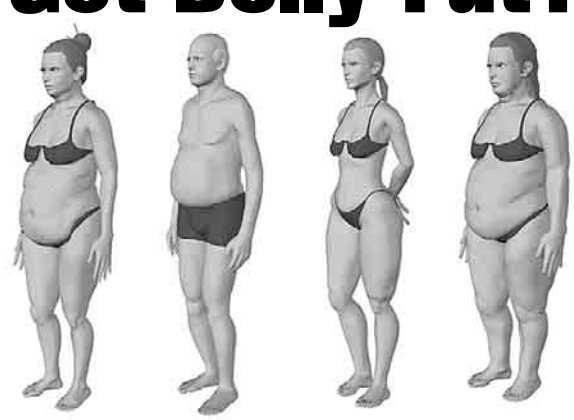
Such concerns prompted career counselors at the University of Dayton to survey employers in their database about their use of Facebook. They found that 42 percent of the 326 who responded said they would consider factoring a Facebook profile into their hiring decisions. Some of those employers also said they'd already rescinded offers because of things they'd discovered online.

"I do think it's an invasion of privacy," says Melissa Bush, a business major at the University of Dayton. "But when you think about it, anything you post online is open season."

When she interviewed for an internship last summer, her interviewer told her upfront that they'd be checking her Facebook profile. She didn't worry because she's careful about what she posts — but lately, she's been deleting messages from friends that she deems inappropriate.

"If you don't want people to read it, don't post it," Bush says. "If you don't want people to see a video, don't post it." MARTHA IRVINE (AP)

Got Belly Fat?



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HARD PROMISES? Looks like Tom Petty won't back down after all. The veteran rocker says he's not retiring, despite a Rolling Stone article in July that suggested otherwise. Petty said 2006 was one of the most rewarding years in his career. (AP)

Entertainment

The Spirit Still Knows

Darwyn Cooke brings Will Eisner's classic character back to life

RESURRECTION | You only need to look at the circular medallion on the cover of the new "Spirit" series to see what's in store for you inside: action, mystery, adventure.

Writer/artist Darwyn Cooke takes on legendary comic creator Will Eisner's famous character in a new ongoing comic book series that pays homage to the long-running newspaper strip of the 1940s and '50s.

The Spirit is Denny Colt, a detective who is thought to be dead who uses his anonymity to fight crime as the costumed vigilante in a blue suit, red tie, fedora and a Lone Ranger-type mask. The series had similar elements to its comic peers "Batman" and "Dick Tracy," with young sidekicks and a colorful cast of villains, starting with the crime fighter's ultimate nemesis, the Octopus.

Cooke had previously worked for Warner Bros.' animation on the "Batman" and "Batman Beyond" animated series, and more recently in the comic world on "New Frontier," the critically acclaimed reimagining of the silver age of DC Comics. He took the task of bring this classic character to the modern reader.

DARWYN COOKE/DC COMICS

NOBODY'S GOING TO BREAK HIS FALL: But the Spirit has nine (or more) lives, as proven by writer/artist Darwyn Cooke's new monthly comic featuring the detective.

"One of the things that's possibly going to make it interesting to newer readers is something very old, and that is every issue is a done in one story," Cooke said. "These are meant to be entertaining. I almost hate to use the word — you're supposed to enjoy reading it, to have a good time with it."

Anyone who has read one of Eisner's "Spirit" stories knows they are fun, with offbeat ideas and quirky characters with names such as Sand Serif, Dulcet Tone and "Wild" Rice. Cooke is sticking with that sensibility. "I'm going all out on that, which is why the girl in the first book is Ginger Coffee," he said.

But the series won't be completely silly. The book is set in a period that is a cross between '40s aesthetics with modern technology and situations.

"Probably the first time I've ever read the word 'terrorist' was in a Spirit comic referring to the Octopus," Cooke said. "The term was in vogue shortly after the second World War, because it referred to black marketeers in Europe, and the Octopus — that was his thing. It's astonishing when you stop to look at the world today how easily and cleanly the notion of this character fits in."

SCOTT ROSENBERG (EXPRESS)

'Beast Moans' Is Right

Indie-rock supergroup Swan Lake falls flat in its messy debut

MUSIC | Swan Lake is a Canadian indie rock super-trio featuring Spencer Krug (Wolf Parade, Sunset Rubdown), Dan Bejar (Destroyer, New Pornographers) and Carey Mercer (Frog Eyes). Now, please check your awestruck grin at the door. Each belongs to at least one beloved band, so it's fair to hope that the sum of their parts would yield even greater results. Alas, it's not so. On the whole, Swan Lake suffers from too-many-cooks syndrome, as all three songwriters run amok without anyone to keep them in check.

We're left with "Beast Moans" (Jagjaguwar), a muddled mess of convoluted textures that is at times, frankly, unlistenable. When the band decides to focus on writing songs, such as Bejar's "The Freedom," we glimpse the realized potential of three of Canada's finest. Most of the time, though, "Beast Moans" is an overextended, unfocused effort that rarely deviates from tempo or dynamic. Wolf Parade writes anthems, and Destroyer tells stories; Swan Lake gets lost in a sonic tapestry that should have augmented those assets. Instead, the band's members forget to do what they do best. There is consolation: Krug's "All Fires" is one of the year's finest (and most heartbreaking) songs, but when the dust settles on "Beast Moans," it's one of only a few songs worth playing over and over. TODD OLMSTEAD (THE HARTFORD COURANT)

CHRIS FREY

Swan Lake doesn't make beautiful music, but its CD title is accurate.

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

KEVIN WINTER/GETTY IMAGES

NEW YORK DOLLS

'All Dolled Up'

1 Bob Gruen's documentary "New York Dolls: All Dolled Up" captures the glam-punk band in its early '70s heyday. It's more like you-are-there rockumentaries "Let It Be" and "Gimme Shelter" than a narrative story, but with this much makeup, who needs a storyline?

→ *Black Cat, 1811 14th St. NW; 9 p.m., $3; 202-667-7960. (U St.-Cardozo)*

GREGG ALLMAN AND FRIENDS

Blues Brothers

2 The Allman Brothers are one of the finest blues-rock bands ever. But when keyboardist Gregg Allman steps away from the Bros, he accents the blues more than the rock — but you know it all rolls. Keeping it in the family is opening act Devon Allman's Honeytribe.

→ *The State Theatre, 220 N. Washington St., Falls Church, Va.; 8:30 p.m., $39.50; 703-237-0300. (East Falls Church)*

JIM SHORT

Jokeslinger

3 Yes, that's his real name — so it's no wonder Jim Short ended up a comedian. A vet of Conan O'Brien and Craig Ferguson's late-night shows, Short settles in tonight for the first gig of a six-night stand.

→ *D.C. Improv, 1140 Connecticut Ave. NW; 8:30 p.m., $15; 202-296-7008; (Farragut North)*

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Entertainment

Gaming Gears

From side-scrollers to shoot-'em-ups, 2006's best games

MICROSOFT

CHAIN SAW MASSACRE: "Gears of War" is a must-have game for the XBox 360.

PLAYTIME | With plenty of software being published for console and handheld systems, new and old, no person can play every game released in a year. But I played an awful lot of them, and here are my 10 favorites.

1. "OKAMI" (CAPCOM, FOR THE PLAYSTATION 2): This utterly original adventure delivered a perfect blend of puzzles and action in a mesmerizing tale based on Japanese mythology. The gorgeous graphics are inspired by classic Japanese art.

2. "THE ELDER SCROLLS IV: OBLIVION" (BETHESDA SOFTWORKS, FOR THE XBOX 360): Two hundred hours in and I still feel like I haven't scratched the surface of this wide-ranging medieval role-playing adventure. With a compelling main story and hundreds of side missions, it's the first must-have game of the 360 era.

3. "THE LEGEND OF ZELDA: TWILIGHT PRINCESS" (NINTENDO, FOR THE WII, GAMECUBE): The "Zelda" is a satisfying combination of the familiar (clever weapons) and the new (Link is now a werewolf!). We always anticipate great things from "Zelda," but "Twilight Princess" delivers beyond expectations.

4. "GEARS OF WAR" (MICROSOFT, FOR THE XBOX 360): The second must-have for the 360 is "Gears of War," a riotous shooter that pits a team of human grunts against an insectoid army. It's gory, scary and thrilling, especially if you enjoy slicing up aliens with a chain saw.

5. "XENOSAGA EPISODE III: ALSO SPRACH ZARATHUSTRA" (NAMCO, FOR THE PLAYSTATION 2): The finale of the "Xenosaga" trilogy tackles religion, philosophy, metaphysics and more topics you wouldn't expect a game to address. It's really fun if you don't mind having your mind blown.

6. "WII SPORTS" (NINTENDO, FOR THE WII): "Wii Sports," which is packed with the system, is an effective demonstration of its motion-sensing remote, and I have yet to meet anyone who can resist playing.

7. "NEW SUPER MARIO BROS" (NINTENDO, FOR THE DS): The lovable plumber returns to his 2-D roots in this side-scrolling running-and-jumping adventure. A blast for those who loved the original "SMB," and a real challenge for just about any player.

8. "FINAL FANTASY XII" (SQUARE ENIX, FOR THE PLAYSTATION 2): I'm not completely sold on the new real-time battle system introduced in this installment, but it delivers everything — grandiose story, lavish graphics and generous gameplay — you expect from a "Final Fantasy" epic.

9. "LOCOROCO" (SONY, FOR THE PLAYSTATION PORTABLE): Jellylike blobs ooze their way across colorful landscapes, splitting and recombining to get past obstacles. With its vibrant look and catchy soundtrack, it's the year's most endearing puzzle game

10. "RESISTANCE: FALL OF MAN" (SONY, FOR THE PLAYSTATION 3): "Ratchet & Clank" creators Insomniac Games juice up the World War II shooter with alien invaders and flamboyant weapons. The best of the PS3 launch titles. LOU KESTEN (AP)

Uplifting New Year's Box Office

GOING UP | Ben Stiller's playful "Night at the Museum" was the top box office draw during the New Year's weekend with $37.8 million, a 24 percent jump over its debut the previous week, according to studio estimates released Sunday.

Uplifting movies dominated the top 10 for the holiday weekend, a busy period at turnstiles.

Will Smith's "ThePursuit of Happyness" took second place with $19.3 million, up 30 percent, while the musical "Dreamgirls" finished third with $15.5 million.

"The Pursuit of Happyness" was expected to cross the $100 million threshold on New Year's Day.

No. 4 "Charlotte's Web" was up 59 percent with $12 million in its third week. "Rocky Balboa" was in fifth place with $11.4 million.

No new movies went into wide release.

"Dreamgirls" saw a major surge in business, averaging a whopping $18,192 per screen as Paramount rolled it out slowly with word-of-mouth creating a buzz. It was showing on just 852 screens, compared to 3,768 for "Night at the Museum."

"Dreamgirls," the first musical sensation since "Chicago" in 2002, will expand to about 1,800 screens on Jan. 12. (AP)

NOT JUST TALK: On Tuesday, Oprah Winfrey was set to open her school in Johannesburg, South Africa. The academy will give 152 girls from deprived backgrounds a quality education in a country where schools are struggling to overcome the legacy of apartheid. (AP)

A Picture-Perfect Life

Celebrity photographer Annie Leibovitz has the camera turned on her

DOCUMENTARY | For decades, Rolling Stone and then Vanity Fair have offered amazing pictures of the famed and fabulous — Annie Leibovitz's photographic map of the stars.

Ever wonder what was on the other side of the lens? This is your chance to find out. It's all there to see in the PBS "American Masters" presentation, "Annie Leibovitz: Life Through a Lens," airing at 9 p.m. on Wednesday.

All that and more. And less, too.

More, in that the 90-minute documentary offers many, many celebrities who are happy to heap accolades on Leibovitz. There's Whoopi Goldberg and Arnold Schwarzenegger and Mick Jagger and Mikhail Baryshnikov and some extra-special surprise celebrities.

Like Hillary Rodham Clinton: Leibovitz "has really been a major chronicler of our country, what we care about, what we think about," says the former first lady and current senator.

More, in that it follows Leibovitz's life, from a peripatetic childhood, to her blossoming interest in photography, to her work with magazines, to renown, and finally to motherhood and the death of her lover, intellectual Susan Sontag, and of her father.

It's all there in photographs. She draws no distinction between the pictures she is paid to take and those she takes of her loved ones. It's all her work, she says.

We are treated to vintage films of Leibovitz in action in the 1960s and '70s, and of the Rolling Stone staff in its San Francisco offices long ago. (We get a lot of the young editor Jann Wenner, and even more of the middle-aged Wenner — too much of a not-so-good thing.)

MARTIN SCHOELLER/PBS/AP

OTHER SIDE OF THE LENS: Annie Leibovitz's life gets the documentary treatment.

We get less, in that the documentary — written and directed by her sister Barbara, and coinciding with a book and museum show on Leibovitz's work — does a fitful job of explaining what it all means.

For all the words and images, there is little here that explains why she feels the need to photograph, and the origins of her talent. Yes, her mom took a lot of pictures of the family; yes, Leibovitz recalls being enthralled by the immediacy of photography. It's not enough.

There is, though, a designated scold: Vicki Goldberg, photo critic for the New York Times. She does not think Leibovitz's high-concept photos — Bette Midler in a bed of roses when she starred in "The Rose"; the Blues Brothers with their faces painted blue — are all that insightful. They're not narratives, she says; they're jokes.

More broadly, Goldberg has little use for the celebrity culture that Leibovitz documents, lionizes and propagates with her photography.

There is a lot to say about Leibovitz and the cult of celebrity; perhaps it is unfair to fault this documentary for saying so little.

It is, after all, a video personality profile, and if nothing else it does offer a look at a glamorous world and the nostalgia of all those striking photographs.

JERRY SCHWARTZ (AP)

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NIGHT AT THE MUSEUM (PG) 1:45, 2:30, 4:30, 5:15, 7:15, 8:00, 9:55
NIGHT AT THE MUSEUM (PG) (D) [CC] 2:30, 5:15, 8:00
WE ARE MARSHALL (PG) 1:05, 4:05, 7:30, 10:30
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DEJA VU (PG13) 1:05, 4:00, 6:55, 9:55
CASINO ROYALE (PG13) 1:00, 4:05, 7:10, 10:20
HAPPY FEET (PG) 1:10, 3:45
THE DEPARTED (R) 7:20, 10:30

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THE NATIVITY STORY (PG) 2:00

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THE HOLIDAY (PG13) 4:50, 7:45
HAPPY FEET (PG) 4:40

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THE HOLIDAY (PG13) 1:30, 4:30, 7:25
THE HOLIDAY (PG13) (D) [CC] 1:30, 4:30, 7:25

LOEWS GEORGETOWN 14
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THE GOOD SHEPHERD (R) 3:05, 6:45, 10:30
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CURSE OF THE GOLDEN FLOWER (R) 2:25, 5:15, 7:55, 10:40
NOTES ON A SCANDAL (R) ✓ 2:30, 5:40, 8:15, 10:45
CHILDREN OF MEN (R) ✓ 1:50, 4:20, 7:00, 9:40

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NIGHT AT THE MUSEUM (PG) 5:10, 7:40
WE ARE MARSHALL (PG) 4:30, 7:20
CHARLOTTE'S WEB (G) 5:00, 7:00
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APOCALYPTO (R) 7:00
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UNACCOMPANIED MINORS (PG) 1:40, 3:55
DEJA VU (PG13) 7:20, 10:10
CASINO ROYALE (PG13) 7:10, 10:15
HAPPY FEET (PG) 1:35, 4:05

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DREAMGIRLS (PG13) ✓ 1:15, 2:05, 4:15, 5:00, 7:15, 8:00, 10:20
THE NATIVITY STORY (PG) 1:55, 4:25

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THE NATIVITY STORY (PG) 2:25, 4:50

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THE GOOD SHEPHERD (R) 6:00
UNACCOMPANIED MINORS (PG) 4:05, 6:20
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HAPPY FEET (PG) 4:10, 7:10
BORAT (R) 6:50
THE DEPARTED (R) 3:55, 6:55

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BABEL (R) 4:00, 7:00
THE QUEEN (PG13) 4:30

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HAPPY FEET (PG) 12:15, 2:35, 5:00

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BOBBY (R) 2:00, 4:45, 7:50
THE HISTORY BOYS (R) 1:45, 4:30, 7:40
BABEL (R) 4:00, 7:20
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THE GOOD SHEPHERD (R) 1:10, 5:00, 8:40
NIGHT AT THE MUSEUM (PG) 12:50, 2:00, 3:20, 4:40, 5:50, 7:10, 8:20, 9:40, 10:45
WE ARE MARSHALL (PG) 1:35, 4:45, 7:45, 10:40
ROCKY BALBOA (PG) 1:30, 3:20, 4:35, 7:05, 8:25, 9:35
CHARLOTTE'S WEB (G) 12:45, 3:00, 5:20, 7:40, 9:55
ERAGON (PG) 1:15, 3:35, 5:55, 8:15, 10:35
THE PURSUIT OF HAPPYNESS (PG13) 12:45, 1:45, 4:25, 5:45, 7:05, 9:45, 10:45
APOCALYPTO (R) 1:05, 4:05, 7:15, 10:15
BLOOD DIAMOND (R) 1:05, 4:20, 7:25, 10:30
THE HOLIDAY (PG13) 1:25, 4:30, 7:35, 10:35
THE HOLIDAY (PG13) (D) [CC] 1:25, 4:30, 7:35, 10:35
CASINO ROYALE (PG13) 12:55, 4:10, 7:20, 10:25

AMC SELECT

DREAMGIRLS (PG13) ✓ 1:00, 2:30, 4:00, 5:30, 7:00, 8:35, 10:05

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

BLACK CHRISTMAS (R) ✓ 4:40, 7:15
THE GOOD SHEPHERD (R) 4:00, 7:10
NIGHT AT THE MUSEUM (PG) 5:10, 8:00
WE ARE MARSHALL (PG) ✓ 4:25, 7:35
ROCKY BALBOA (PG) 4:35, 7:40
CHARLOTTE'S WEB (G) 4:15, 7:30
ERAGON (PG) 4:20, 7:00
THE PURSUIT OF HAPPYNESS (PG13) 4:45, 6:45, 7:45
APOCALYPTO (R) 7:30
BLOOD DIAMOND (R) 4:10, 7:05
UNACCOMPANIED MINORS (PG) 4:30
DEJA VU (PG13) 7:20
HAPPY FEET (PG) 4:50

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

BLACK CHRISTMAS (R) ✓ 12:30, 2:45, 5:20, 7:45, 9:50
NIGHT AT THE MUSEUM (PG) 12:00, 12:50, 2:30, 3:15, 5:00, 5:40, 7:30, 8:10, 10:00, 10:30
WE ARE MARSHALL (PG) 1:30, 4:20, 7:20, 10:15
CHARLOTTE'S WEB (G) 12:15, 2:25, 4:45, 7:05, 9:25
THE PURSUIT OF HAPPYNESS (PG13) 12:10, 1:20, 2:35, 4:00, 5:10, 6:55, 7:40, 9:35, 10:20

AMC SELECT

THE NATIVITY STORY (PG) 12:40, 2:50, 5:05
BABEL (R) 7:35, 10:25

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT

THE LAST KING OF SCOTLAND (R) 1:40, 4:20, 7:00, 9:40
CURSE OF THE GOLDEN FLOWER (R) 2:10, 4:40, 7:20, 9:50
THE HISTORY BOYS (R) 1:40, 4:10, 7:10, 9:30
BABEL (R) 1:50, 5:00, 8:00
VOLVER (R) 1:30, 4:30, 7:30, 9:50
THE QUEEN (PG13) 1:20, 3:50, 7:00, 9:10
LITTLE MISS SUNSHINE (R) 2:00, 4:50, 7:20, 9:20

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
301-729-6633

NIGHT AT THE MUSEUM (PG) 5:30, 8:00
ROCKY BALBOA (PG) 5:40, 8:10
CHARLOTTE'S WEB (G) 5:50, 8:00
ERAGON (PG) 5:20, 7:45
THE PURSUIT OF HAPPYNESS (PG13) 5:10, 7:45
THE PURSUIT OF HAPPYNESS (PG13) (D) [CC] 5:10, 7:45
APOCALYPTO (R) 7:45
DECK THE HALLS (PG) 5:30

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

THE GOOD SHEPHERD (R) 2:00, 6:25
NIGHT AT THE MUSEUM (PG) 2:15, 4:35, 7:00
THE PURSUIT OF HAPPYNESS (PG13) 2:00, 4:40, 7:20
BLOOD DIAMOND (R) 2:00, 4:45, 7:30
THE HOLIDAY (PG13) 2:00, 4:40, 7:20

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · (D) - Descriptive Video Service

Times for Tuesday, January 2, 2007

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

Financial compensation will be provided for participation.

Call: **1-800-411-1222**
(TTY: 1-866-411-1010)

National Institute of Mental Health NIMH
National Institutes of Health, Department of Health & Human Services

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale CHILDREN OF MEN (R) - ID REQ'D ★
DREAMGIRLS (PG-13) DIG ★ (1200 120) 330 430 640 740 945 1040
OC & DA: WE ARE MARSHALL (PG) DIG 400 1020
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1150) 325 700 1035
NIGHT AT THE MUSEUM (PG) DIG ★ (1205 235) 505 735 1015
WE ARE MARSHALL (PG) DIG (1230) 725
CURSE OF THE GOLDEN FLOWER (R) - ID REQ'D DIG (1155 245) 525 805 1045
ROCKY BALBOA (PG) DIG (1205 230) 510 750 1015
ERAGON (PG) DIG (1210 240) 505 730 955
CHARLOTTE'S WEB (G) DIG (135) 420 705 930
PURSUIT OF HAPPYNESS (PG-13) DIG (100) 440 745 1030
THE HOLIDAY (PG-13) DIG (110) 410 710 1010
APOCALYPTO (R) - ID REQ'D DIG (1225) 1005
BLOOD DIAMOND (R) - ID REQ'D DIG 355 715 1025
CASINO ROYALE (PG-13) DIG 345 700
HAPPY FEET (PG) DIG (1215)

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington 800-FANDANGO 377#

DREAMGIRLS (PG-13) DIG ★ (110 345 415) 650 720 955 1025
THE GOOD SHEPHERD (R) - ID REQ'D DIG (325) 700
ROCKY BALBOA (PG) DIG (200 230 435 505) 710 740 945 1015
ERAGON (PG) DIG (225 455) 725 1000
THE HOLIDAY (PG-13) DIG (315) 630 940
APOCALYPTO (R) - ID REQ'D DIG (115 425) 735
BLOOD DIAMOND (R) - ID REQ'D DIG (100 420) 730
CASINO ROYALE (PG-13) DIG (1245 405) 715 1030
HAPPY FEET (PG) DIG (150 430) 705
BORAT (R) - ID REQ'D DIG 950
DEPARTED (R) - ID REQ'D DIG (320) 645 1010

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

BLACK CHRISTMAS (R) - ID REQ'D DIG (1205 235 510) 755 1015
DREAMGIRLS (PG-13) DIG ★ (1245 130 400 500) 730 810 1030 1100
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1200 330) 700 1030
NIGHT AT THE MUSEUM (PG) DIG ★ (1130 230 515) 800 1030
WE ARE MARSHALL (PG) DIG (115 445) 745 1045
ROCKY BALBOA (PG) DIG (1200 245 515) 820 1050
ERAGON (PG) DIG (1215 300 530) 800 1045
CHARLOTTE'S WEB (G) DIG (1135 205 430) 700
PURSUIT OF HAPPYNESS (PG-13) DIG (100 415) 745 810 1035 1100
THE HOLIDAY (PG-13) DIG (1245 350) 710 1015
APOCALYPTO (R) - ID REQ'D DIG (1135) 1035
BLOOD DIAMOND (R) - ID REQ'D DIG (240) 715
DEJA VU (PG-13) DIG 1025
HAPPY FEET (PG) DIG (1145 220 500)

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

THE GOOD SHEPHERD (R) - ID REQ'D DIG (1110 300) 700 1030
NIGHT AT THE MUSEUM (PG) DIG ★ (1100 140 420) 730 1000
WE ARE MARSHALL (PG) DIG (1220 340) 645 950
ROCKY BALBOA (PG) DIG (1120 210 445) 745 1025
ERAGON (PG) DIG (1115 145 400) 655 940
CHARLOTTE'S WEB (G) DIG (1130 200 430) 650 930
PURSUIT OF HAPPYNESS (PG-13) DIG (1150 320) 740 1020
BLOOD DIAMOND (R) - ID REQ'D DIG 720 1020
THE HOLIDAY (PG-13) DIG (1220 330) 725 1030
APOCALYPTO (R) - ID REQ'D DIG 1015
CASINO ROYALE (PG-13) DIG (1200 350) 710
HAPPY FEET (PG) DIG (1100 150 440)

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale CHILDREN OF MEN (R) - ID REQ'D ★
DREAMGIRLS (PG-13) DIG ★ (1230 100 130 335 405 435) 640 710 740 945 1015
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1150 330) 705
BLACK CHRISTMAS (R) - ID REQ'D DIG (115 350) 620 845
OC & DA: WE ARE MARSHALL (PG) DIG (355) 955
WE ARE MARSHALL (PG) DIG (1255) 655
NIGHT AT THE MUSEUM (PG) DIG ★ (220 440 510) 720 750 1000 1030
ROCKY BALBOA (PG) DIG (210 445) 730 1005
PURSUIT OF HAPPYNESS (PG-13) DIG (120 200 430 500) 725 800
ERAGON (PG) DIG (155 425) 650 920
CHARLOTTE'S WEB (G) DIG (145 415) 645 915
THE HOLIDAY (PG-13) DIG (1210 350) 700 1035
APOCALYPTO (R) - ID REQ'D DIG (110 420) 735
BLOOD DIAMOND (R) - ID REQ'D DIG (1250 400) 715 1025
CASINO ROYALE (PG-13) DIG 1020
HAPPY FEET (PG) DIG (150)

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale CHILDREN OF MEN (R) - ID REQ'D ★
DREAMGIRLS (PG-13) DIG ★ (1045 1250 150 400 500) 730 830 1040
BLACK CHRISTMAS (R) - ID REQ'D DIG (1200 250 510) 750 1015
OC & DA: WE ARE MARSHALL (PG) DIG (340) 940
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1040 230) 630 1020
NIGHT AT THE MUSEUM (PG) DIG ★ (1150 1240 140 240 330 430 530) 620 720 820 910 1010
WE ARE MARSHALL (PG) DIG (1220) 640
ROCKY BALBOA (PG) DIG (1110 1210 200 300 440 540) 740 840 1020
ERAGON (PG) DIG (130 410) 645 920
CHARLOTTE'S WEB (G) DIG (1030 1130 110 210 350 450) 610 710 900 950
PURSUIT OF HAPPYNESS (PG-13) DIG (1025 1120 120 220 420 520) 715 810 1000
UNACCOMPANIED MINORS (PG) DIG (1115)
THE HOLIDAY (PG-13) DIG (1215 320) 635 945
APOCALYPTO (R) - ID REQ'D DIG (1035) 1045
BLOOD DIAMOND (R) - ID REQ'D DIG (125 425) 725 1025
THE NATIVITY STORY (PG) DIG (1030 100 345) 650 915
CASINO ROYALE (PG-13) DIG (145 445) 745
HAPPY FEET (PG) DIG (1100 135 415) 700 930
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1050)

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale CHILDREN OF MEN (R) - ID REQ'D ★
DREAMGIRLS (PG-13) DIG ★ (130 425) 730 1035
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1205 330) 700 1030
WE ARE MARSHALL (PG) DIG (130 420) 720 1020
ROCKY BALBOA (PG) DIG (215 445) 730 1010
ERAGON (PG) DIG (210 450) 735 1000
CHARLOTTE'S WEB (G) DIG (1200 220 440) 705 925
PURSUIT OF HAPPYNESS (PG-13) DIG (115 415) 715 955
THE HOLIDAY (PG-13) (100 410) 710 1020
APOCALYPTO (R) - ID REQ'D DIG (500) 1040
BLOOD DIAMOND (R) - ID REQ'D DIG (205 505) 800
THE NATIVITY STORY (PG) DIG (1155 230) 750
CASINO ROYALE (PG-13) DIG 1000
HAPPY FEET (PG) DIG (1155 230 500) 730
NIGHT AT THE MUSEUM (PG) DIG ★ (1200 150 235 430 510) 710 745 945 1025

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

ROCKY BALBOA (PG) DIG (1130 200 430) 700 945
ROCKY BALBOA (PG) (1210 240 510) 750 1020
PURSUIT OF HAPPYNESS (PG-13) DIG (1100 1220 150 400 440) 650 740 940 1030
CHARLOTTE'S WEB (G) DIG (1115 145 300 420 530) 645 800 920
ERAGON (PG) DIG (1150 1230 220 450) 720 950 1025
THE NATIVITY STORY (PG) DIG (1140 250 520) 745 1010
UNACCOMPANIED MINORS (PG) (1120 155 410)
DEJA VU (PG-13) 710 1015
BABEL (R) - ID REQ'D DIG (1200 310) 630 935

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale CHILDREN OF MEN (R) - ID REQ'D ★
BLACK CHRISTMAS (R) - ID REQ'D DIG (1215 245 530) 800 1030
NIGHT AT THE MUSEUM (PG) DIG ★ (1130 115 200 400 445) 700 745 945 1030
ROCKY BALBOA (PG) DIG (115 415) 730 1040
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1130 315) 700 1035
WE ARE MARSHALL (PG) DIG (1245 415) 715 1015
PURSUIT OF HAPPYNESS (PG-13) DIG (1140 230 345 530) 730 815
ERAGON (PG) DIG (1140 220 500) 750 1040
CHARLOTTE'S WEB (G) DIG (1245 345) 645 940
UNACCOMPANIED MINORS (PG) DIG (100)
THE HOLIDAY (PG-13) DIG (1245 400) 710 1020
APOCALYPTO (R) - ID REQ'D DIG (1230) 1020
BLOOD DIAMOND (R) - ID REQ'D DIG (420) 720 1045
THE NATIVITY STORY (PG) DIG (1135 210 445) 720 1000
CASINO ROYALE (PG-13) DIG 945
HAPPY FEET (PG) DIG (120 410) 650

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

DREAMGIRLS (PG-13) DIG ★ (1230 415) 745
THE GOOD SHEPHERD (R) - ID REQ'D DIG (250) 630 1010
NIGHT AT THE MUSEUM (PG) DIG ★ (145 245 430 530) 715 815 1000
WE ARE MARSHALL (PG) DIG (100) 715
ROCKY BALBOA (PG) DIG (215 445) 730 1015
ERAGON (PG) DIG (200 430) 745 1030
CHARLOTTE'S WEB (G) DIG (130 400) 645 930
PURSUIT OF HAPPYNESS (PG-13) DIG (200 445) 730
THE HOLIDAY (PG-13) DIG (1230 345) 645 945
APOCALYPTO (R) - ID REQ'D DIG (315) 700 1005
BLOOD DIAMOND (R) - ID REQ'D DIG (1245 345) 700 1000
CASINO ROYALE (PG-13) DIG (115 500) 800
HAPPY FEET (PG) DIG (130 400) 800 1030
OC & DA: WE ARE MARSHALL (PG) DIG (415) 1015

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

BLACK CHRISTMAS (R) - ID REQ'D DIG (1215 240 500) 800 1020
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1120 255) 630 1000
NIGHT AT THE MUSEUM (PG) DIG ★ (1135 1230 215 325 450) 700 730 935 1010
WE ARE MARSHALL (PG) DIG (1220 320) 645 940
ROCKY BALBOA (PG) DIG (1125 200 435) 750 1030
ERAGON (PG) DIG (1200 230 505) 755 1015
CHARLOTTE'S WEB (G) DIG (1145 225 455) 735 1000
PURSUIT OF HAPPYNESS (PG-13) DIG (1155 1240 250 335) 640 710 1015
UNACCOMPANIED MINORS (PG) DIG (1115)
THE HOLIDAY (PG-13) DIG (1250 350) 650 1005
APOCALYPTO (R) - ID REQ'D DIG 925
BLOOD DIAMOND (R) - ID REQ'D DIG (125 425) 725 1025
THE NATIVITY STORY (PG) DIG (1140 205 430) 740 1005
CASINO ROYALE (PG-13) DIG 945
HAPPY FEET (PG) DIG (100 400) 705

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Television

IRREPLACEABLE: Faced with the need to replace Ed Bradley in the middle of the TV season, "60 Minutes" won't even bother. His workload will be spread around, and his top producer will run a reporting unit for stories available to all on-air correspondents. (AP)

Hollyweird 'Dirt'

Courteney Cox returns to TV with a dark satire of the gossip industry

FILTHY | "Friends" star Courteney Cox returns to weekly television in "Dirt" (10 p.m., FX), an ambitious and often uneven series that is shocking, riveting and a little silly.

Cox plays Lucy Spiller, the brains behind two gossip magazines: "Now," a glossy "People"-like weekly, and "Dirt," a more down-market, down-and-dirty sheet that appears to have grown at the expense of its bigger, more respectable sister.

It says something about a show that its moral center is provided by a madman. Ian Hart plays Don Konkey, an ace photographer and old friend of Lucy's from their college newspaper days. A self-described "high-functioning" schizophrenic, Don can get any shot of any celebrity, living or dead.

"Dirt" wastes no time showcasing the mechanics of gossip and access. Like "L.A. Confidential," it demonstrates how blackmail is used to turn targets into sources and how sources become prey in Lucy's spiderweb.

Like most series on FX, "Dirt" is not for the kids. Sex of all kinds, suicide, drug use and treachery are featured in nearly every frame. The scenes of Don's descent into mental illness are the show's most over-the-top.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

FX

BYE, MONICA: Courteney Cox sheds her "Friends" image as a gossip-monger.

ON TV TONIGHT

DOMESTICIDE
The death of a housewife on **DATELINE** (8 p.m., NBC).

SOUTH AMERICAN SPIES
Wet work in Paraguay on **THE UNIT** (9 p.m., CBS, repeat).

OLD CUSTOMS DIE HARD
The death of an immigrant woman may have been an "honor" killing on **LAW & ORDER: CRIMINAL INTENT** (9 p.m., NBC).

DEATH IN D.C.
Murder on Embassy Row on **NUMB3RS** (10 p.m., CBS, repeat).

SPECIAL GUEST STAR
A patient (Brian Dennehy) makes a deathbed confession on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

A&E

DOG'S DAZE: The hirsute Bounty Hunter reflects on his rough and tumble 2006.

ROPE BURNS
Ivan needs help untying a tight knot on **BOSTON LEGAL** (10 p.m., ABC, repeat).

MULLET KING REFLECTS
DOG THE BOUNTY HUNTER (10 p.m., A&E) looks back at an eventful year.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

1.2.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		Nightly News	Access Hollywood	Dateline NBC "Lady in the Lake" (N)		Law & Order: Criminal Intent (N)		Law & Order: Special Victims Unit (N)		News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	Seinfeld	Pregame	(:15) College Football FedEx Orange Bowl -- Louisville vs. Wake Forest. From Miami. (S Live)							
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	America's Funniest Home Videos		Big Day (N)	Big Day (N)	Boston Legal		News	(:35) Nightline
	WUSA 9	News	Evening News	News	Entertainment	NCIS "Deception"		The Unit "The Kill Zone"		NUMB3RS "The Mole"		News	Late Show
	WDCA 20	Scrubs	Scrubs	Judge Joe Brown	Judge Judy	Wicked Wicked Games (N)		Watch Over Me Steve hatches a plan.		The Tyra Banks Show		Still Standing	Still Standing
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "The Perfect Corpse"		Frontline "The Dark Side"		Secrets of the Dead		Seeking 1906	
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova (DVS)		David Attenborough Package		Frontline "The Dark Side"		Charlie Rose (N)	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! (DVS)		My Girlfriend's Quilt		BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls "The Great Stink"		Veronica Mars "Of Vice and Men"		Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E	Crossing Jordan		CSI: Miami "Fade Out"		CSI: Miami "Skeletons"		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter (N)		Bounty Hunter	Bounty Hunter
	Animal	The Crocodile Hunter		The Most Extreme "Oddities"		The Most Extreme Extreme births.		Born Different Animal breeding.		Animal Precinct "Raheb's Raccoon"		The Most Extreme Extreme births.	
	BET	★ "Hot Boyz" (1999, Action) Gary Busey, Silkk the Shocker.				★★ "Juice" (1992, Crime Drama) Omar Epps, Tupac Shakur.				American Gangster "Smith Bros." (N)		Jamie Foxx	Jamie Foxx
	Bravo	(5:30) ★★★ "Selena" (1997) Jennifer Lopez, Edward James Olmos.				Inside the Actors Studio Matt Damon.		Real Housewives of Orange County		Real Housewives of Orange County		Top Chef Another chef is eliminated.	
	Comedy	(5:00) ★ "Death to Smoochy" (2002)		Scrubs	Scrubs	Daily Show	Colbert Report	Mind of Mencia	South Park	Ralphie May: Girth of a Nation		Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops	Cops	Cops	Cops	Cops	Cops	Party Police: Wild on the Water 2 (N)		LA Forensics	North Mission
	Discovery	It Takes a Thief "I Love N.Y."		How It's Made	How It's Made	Dirty Jobs "Chimney Sweeper"		Dirty Jobs "Plumber" Plumbing.		Dirty Jobs "Chick Sexer"		Dirty Jobs	
	DISCH	Code Blue "Blink of an Eye"		Impact: Stories of Survival		Triple the Triplets		Sextuplets Turn 12		Conjoined Twins: Separate Steps		Triple the Triplets	
	Disney	Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	★★ "A Goofy Movie" (1995) Voices of Bill Farmer.			Phil of the Future	Life With Derek	Phil of the Future	Zack & Cody	That's So Raven
	E!	Dr. 90210 Penile implant.		E! News (N)	The Daily 10 (N)	50 Most Outrageous TV Moments				Love Ride	Girl Next Door	E! News	The Daily 10
	FX	That '70s Show	That '70s Show	★★★ "Spider-Man 2" (2004) Tobey Maguire. Premiere. Peter Parker fights a man who has mechanical tentacles.						Dirt The world of tabloid journalism.		(:02) Dirt "Pilot"	
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me	Decorating Cents	24 Hour Design	House Hunters	Hidden Potential	Hammered	House Worth?
	Family	Everwood "Good to Go"		Smallville "Arrival"		"Dr. Dolittle 3" (2006, Comedy) John Amos, Kyla Pratt, Chelan Simmons.				Whose Line?	Whose Line?	The 700 Club	
	History	Modern Marvels "Bible Tech"		Modern Marvels		UFO Files Vessels vanish near Japan.		Saddam and the Third Reich		Man, Moment, Machine (N)		Modern Marvels "Bullets"	
	Lifetime	Reba "Go Far"	Reba	Still Standing	Still Standing	Reba	Reba	★★ "The Matthew Shepard Story" (2002) Stockard Channing. Premiere.				Will & Grace	Will & Grace
	MTV	Exposed (N)	Exposed	Boiling Points (N)	Boiling Points (N)	True Life		True Life "I'm Out"		True Life "I'm On Vacation"		True Life "I'm on a Diet" Dieting.	
	NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	SpongeBob	Movie				Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "The First Ones"		Dead Like Me "The Bicycle Thief"		Dead Like Me "Nighthawks"		Eureka "Purple Haze"		ECW (Live)		★ "Dracula 3000: Infinite Darkness"	
	SPIKE	Star Trek: Voyager "Caretaker"		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: NY "Grand Master"	
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	My Boys	Friends	Friends	★ The Haunting
	TLC	Property Ladder		City Cops "Vegas Law and Order"		SWAT: Tactical Force		Overhaulin' "Junk in the Trunk"		Miami Ink "Garver's Ultimatum"		Miami Ink "Made in Japan"	
	TNT	Law & Order "American Jihad"		Without a Trace "Odds or Evens"		Law & Order "Positive"		Law & Order "Bible Story"		The Closer "To Protect and to Serve"		Cold Case "Wishing"	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent "Slither"		Law & Order: Special Victims Unit		★★ "Blow" (2001) Johnny Depp. A small-time pot dealer becomes a major cocaine supplier.					Law & Order
	VHI	America's Next Top Model		America's Next Top Model		America's Next Top Model		America's Next Top Model		America's Next Top Model		America's Next Top Model	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco (N)		Marina (N)		Amor Mio (N)	Amor Mio (N)	Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Mundo de Fieras (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)		College Gameday (Live)		College Basketball Indiana at Ohio State. (Live)				Boxing	Boxing 1975 Muhammad Ali vs. Chuck Wepner.		
	ESPN2	2005 World Series of Poker		College Basketball Temple at Duke. (Live)				NBA Coast-to-Coast (Live)				Quite Frankly With Stephen A. Smith	
	CSN	Totally Football	SportsNite	Tennis Pam Shriver Challenge. From Baltimore.					Net Impact	SportsNite (Live)		ACC All-Access	Final Score
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		Scarborough Country		Murder in Memphis		Blood Secrets Susan Berman.	
MOVIES	AMC	★★ "Boiling Point" (1993, Action) Wesley Snipes, Dennis Hopper. 'R'				★★★ "The Last Samurai" (2003) Tom Cruise. A Westerner learns the ways of the samurai in the 1870s. 'R'						(:15) ★★★ "Narc" (2002) Ray Liotta.	
	TCM	(:15) ★★★★ "Man on Fire" (1957, Drama) Bing Crosby, Inger Stevens. 'NR'				★★ "The Whole Town's Talking" (1935, Comedy) Edward G. Robinson. 'NR'				★★★ "Only Angels Have Wings" (1939, Adventure) Cary Grant. 'NR'			
	HBO	★★ "The Cowboy Way" (1994) Woody Harrelson. Premiere. 'PG-13'				★★★ "In Her Shoes" (2005) Cameron Diaz, Toni Collette. 'PG-13'				Pans Labyrinth	★★★ "Twister" (1996) Helen Hunt. 'PG-13'		
	MAX	(4:45) White Noise	★★ "Ricochet" (1991) Denzel Washington. 'R'			(:15) ★★ "Tremors" (1990, Horror) Kevin Bacon, Fred Ward. 'PG-13'				★★ "Tremors II: Aftershocks" (1996) Fred Ward.			Bikini Chain Gang
	SHOW	The Longest Yard	★★★ "Tomorrow Never Dies" (1997) Pierce Brosnan. iTV. 'PG-13'				★★ "High Tension" (2003) Cécile de France. 'R'			Masters of Horror (iTV)		Masters of Horror (iTV)	
	TMC	★ "200 Cigarettes" (1999) Ben Affleck. 'R'			(:45) ★★★ "Lemony Snicket's A Series of Unfortunate Events" (2004) 'PG'				(:45) ★ "The Next Best Thing" (2000) Rupert Everett. 'PG-13'				Last-Standing
	STARZ!	(5:35) ★★ "XXX: State of the Union" (2005) Ice Cube.			(:20) ★★ "Boogeyman" (2005) Barry Watson. 'PG-13'			★★★ "The Aviator" (2004) Leonardo DiCaprio. Howard Hughes produces movies and flies airplanes. 'PG-13'					
	ENCORE	(:05) ★★ "Taking Care of Business" (1990) James Belushi. 'R'				★ "Dumb and Dumberer: When Harry Met Lloyd" (2003)			★ "Armageddon" (1998) Bruce Willis. A hero tries to save Earth from an asteroid. 'PG-13'				

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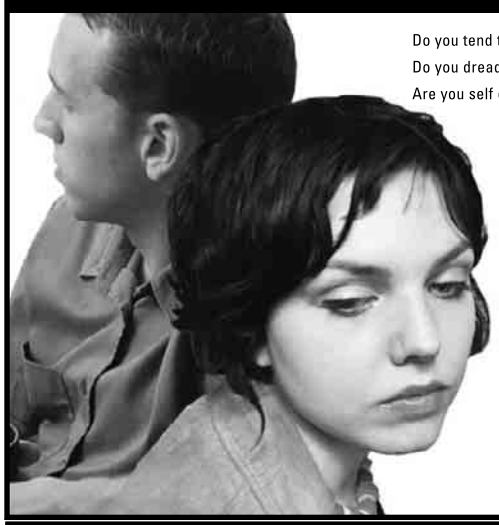

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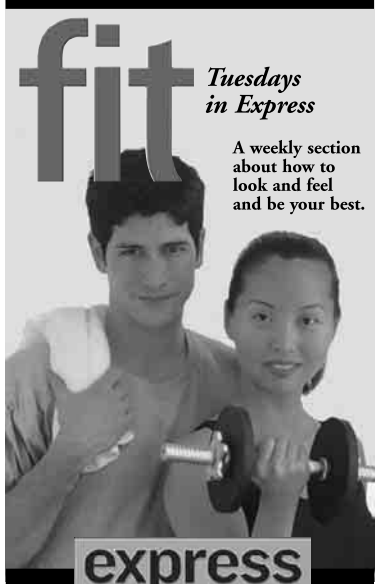

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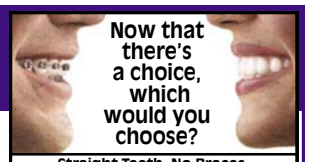

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Antiques—Tiger oak(47x34x19) highboy, tiger china cab (61x46x16),orig glass, $400each/obo, oak dress w/mirror $250, moving, 301-233-4403 vicki.-email@yahoo.com

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JACQUELYN MARTIN/AP

SELL JOB: Christina Hunter, 22, left, of Centreville, Va., is helped at the new Verizon Experience at Fair Oaks Mall in Fairfax.

New Experience

Marketing

Verizon is aiming to sell new technology with stores in malls

Verizon Communications Inc. has flooded mailboxes, gone door to door and even handed out free ice cream as it seeks to sell its new FiOS television, telephone and high-speed Internet service.

Now, the phone company is following Apple Computer Inc. and other high-tech companies that have opened stores in shopping malls to show off their offerings to consumers.

The stores, called Verizon Experience, provide a snazzy setting for people to toy with new gadgets, play computer games, lounge in front of high-definition TV sets and see how they're all enhanced by FiOS, its multibillion dollar effort to replace the copper wires of its telephone network with high-capacity fiber-optic lines.

"This is a place where you can touch and feel and see it all, and it's all under one roof," said Verizon Wireless spokesman John Johnson.

Verizon Wireless and other cell phone providers have long used retail outlets in malls and elsewhere to sell phones and service contracts. But Verizon believes its Experience stores are a new concept, particularly in the cable and satellite TV industry in which providers more frequently market their products at Best Buy Co. Inc., Circuit City Stores Inc. and other electronics retailers.

Verizon opened its 5,000-square-foot Fairfax store Dec. 15 inside Fair Oaks Mall with little advertisement or fanfare. On a recent weekday afternoon, the 20 or so staff members outnumbered customers. Verizon has so far opened only one other store — in Southlake, Texas, near Dallas. Both stores are located in Verizon's most developed FiOS markets.

Still, even in Northern Virginia, many of the customers who come in to check out the FiOS service are not yet able to subscribe, as Verizon continues to lay out the miles of fiber-optic cable for the service.

"One of the hardest things we have to do is disappoint customers who check us out and are excited by what we have to offer, but we just can't yet provide the service to them," said Andrew Vardaro, the store manager at Fair Oaks.

FiOS is one of the company's most ambitious projects ever, as it seeks to become a one-stop shop for its customers' communications needs with its new fiber lines that run all the way to a customer's home.

FiOS TV has been launched in parts of seven states: Texas, California, Virginia, Maryland, Florida, Massachusetts and New York. FiOS Internet service is available in parts of 16 states. The company said it has about 118,000 TV subscribers nationally out of more than 1 million who are able to receive the service.

The District of Columbia and Northern Virginia market has been particularly competitive.

Dennis Mendyk, managing director of New York-based Heavy Reading, a market research publication dedicated to the telecom industry, said the massive marketing effort is appropriate given the challenge Verizon faces in getting FiOS — particularly FiOS TV — up and running.

"It's very expensive, but from their point of view this is the next great battle," Mendyk said.

MATTHEW BARAKAT (AP)

"Mystery **Shopper**"

Secretly scoping out new stores!

Weekend Styles. Every Friday

express

A Publication of the The Washington Post

www.readexpress.com

XX264 2x3

Problems with alcohol and anger?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is seeking people whose drinking and anger are causing problems for themselves of for their families. A treatment study is underway to see if omega-3 fats, commonly known as fish oils, can help.

We offer a four-week inpatient treatment program followed by 12 weeks of outpatient therapy at no cost to those who qualify. For a confidential telephone screening, call 301-496-1993.

Deaf or hard of hearing? Call the Federal Relay service at 1-800-877-8339.

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

NATIONAL INSTITUTES OF HEALTH

LOOK out

Air Out of the Tires

Transportation

Engineers are trying to re-invent the wheel for the U.S. military

A team of mechanical engineers funded by the Pentagon has an idea for saving the lives of troops in Iraq: an airless tire that won't go flat if shot or hit by shrapnel from a roadside bomb.

The tires, which are still under development at Resilient Technologies, are filled with compressed polymers, or plastic, instead of compressed air. The tension of the plastic provides strength, allowing them to work just like air-filled tires, said Ali Manesh, the company's chief technology officer.

The idea isn't entirely new, but Manesh is convinced he's found ways to overcome problems that have plagued other airless tires — such as dissipating the heat buildup that occurs when they're driven. A handmade prototype has already been built, he said.

> "You can have all the armor in the world you want on a vehicle, but if the tire is vulnerable, it is going to stop the vehicle."
>
> **JIM DOBBS**, RESILIENT

A flat tire on a vehicle like the Army's Humvee, especially in urban warfare, makes it vulnerable to an ambush, said Manesh, a mechanical engineer who spent five years developing his idea before the $11 million government contract was awarded.

"You can have all the armor in the world you want on a vehicle, but if the tire is vulnerable, it is going to stop the vehicle. What the military hopes to do is develop the next generation of tire to help alleviate that problem," said Jim Dobbs, a Resilient Technologies spokesman.

The goal is to have an airless tire survive what Chief Executive Officer Robert Lange calls the damage of "something shy of a land mine" so the vehicle can still drive away from the danger.

CASEY LAKE/AP

Resilient Technologies' Ali Manesh stands behind a mock-up of an airless tire.

Resilient's dream is to produce an airless tire — so far called the "non-pneumatic tire," or NPT — that could be sold commercially for passenger cars, he said.

Seven engineers and an office manager work at Resilient's office at an industrial park in Wausau, Wis., testing and retesting models of Manesh's theories.

It is not a matter of whether his ideas work, only when, Manesh said. "The theory of it is sound. From theory to manufacturing, there is always glitches. Then you have to try to iron those out."

Manesh refuses to discuss the details because a patent is pending.

Capt. Jason Stebbins, commander of the Wisconsin National Guard's 1158th Transportation Co., spent a year hauling equipment between Kuwait and Iraq. His big trucks traveled a combined 4.6 million miles, and his crews changed hundreds of flat tires because of punctures and blowouts.

The soldier had never heard of airless tires but likes the idea. "I would like to have a set on my truck," Stebbins said.

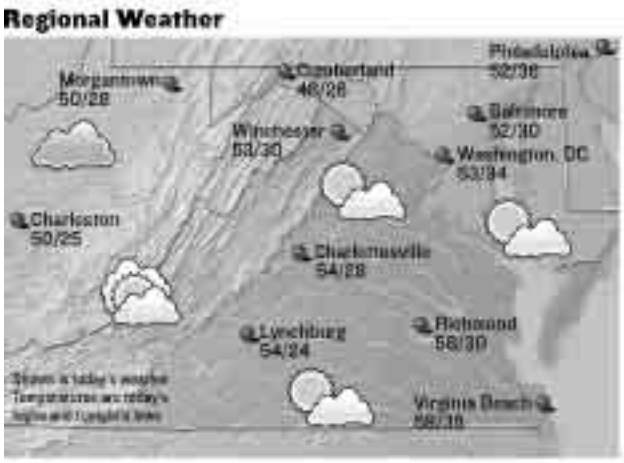
Paul Mehney, a spokesman for the Army's Tank Automotive Research Development Engineering Center in Warren, Mich., said the Army is interested in an airless tire for logistics reasons, too.

A smaller supply of tires would be needed because they would not be changed as frequently and they might be lighter than conventional tires, Mehney said. ROBERT IMRIE (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny, breezy, mild	Mainly clear	Mostly sunny	Partly sunny, mild	Rain	Partly cloudy, breezy
53°	34°	58° / 38°	58° / 45°	61° / 49°	60° / 42°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	53°
Low	45°
Normal high	43°
Normal low	29°
Average humidity	95%

Precipitation

24 hours ending 4 p.m.	1.03"
Month to date	0.88"
Normal month to date	0.10"
Year to date	0.88"
Last year to date	
Normal year to date	0.10"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, mostly sunny. High 53. Wind northwest 8-16 mph. Tonight, mainly clear. Low 33. Wednesday, mostly sunny. High 58.

Sun and Moon

Sunrise today	7:27 a.m.
Sunset tonight	4:57 p.m.
Moonrise today	3:52 p.m.
Moonset today	6:55 a.m.

Full	Last	New	First
Jan 3	Jan 9	Jan 18	Jan 25

National Weather for Tuesday, January 2

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	60/38/s	61/44/s
Boston	48/32/pc	47/36/s
Chicago	44/30/pc	46/36/s
Dallas	53/34/pc	58/40/c
Denver	42/26/s	48/27/pc
Honolulu	81/71/s	82/72/pc
Los Angeles	74/47/s	73/48/s
Miami	82/71/c	82/69/c
New York City	50/38/s	52/40/s
Orlando	70/57/c	78/61/c
Seattle	51/40/r	46/35/r

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	42/36/sh	48/46/r
Athens	58/48/pc	54/37/pc
Berlin	38/32/sf	39/37/c
Buenos Aires	81/72/sh	88/72/pc
Calgary	47/33/pc	41/25/pc
Dublin	46/45/c	52/45/r
Geneva	38/32/sn	36/35/c
Moscow	34/30/sf	32/18/c
Rome	50/38/sh	50/37/s
Sydney	70/62/pc	72/63/pc
Tokyo	48/37/pc	46/38/sh

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

Styles Look out

Our favorite one-two-three punch is **MDSKINCARE'S ACNE TRIO**. The Cleansing Foam, All-Over Blemish Solution and Spot Treatment knocked out a pimple problem that had been hanging around for, oh, 18 years or so. The Spot Treatment even kills those lumps you can feel hovering beneath the surface. ($36, $84 and $28, or $148 for all three, mdskincare.com)

URBAN DECAY'S DELUXE EYESHADOW comes in fun, funky shades such as electric blue, iridescent purple and honey gold, right. The color gets richer the more you apply, yet the formula never becomes cakey. So, you can brush on a little for a light wash, or keep applying until you reach the depth you desire. ($17, Sephora)

Hair

Do Bee a Stranger

Ages ago, the Burt's Bees gimmick was beeswax lip balm. Then it became natural products. The brand dilutes itself again with **COLOR KEEPER** shampoo and conditioner ($8 each, drugstores) for the inherently unnatural dyed hair. It took piles of the wan stuff to produce clean, manageable tresses. The green tea and fennel seed give it an astringent smell that'll be unpleasant to some, fresh to others. HOLLY J. MORRIS (EXPRESS)

Best in Show 2006

This year was one of waxing, washing and waiting for a celebrity perfume that didn't make us gag. It was also a year of some stunningly good skin care, hair and cosmetic products. We reached back into our vaults (i.e. desk drawer) and present a completely biased, wholly unscientific wrap-up of 2006's best beauty goods. KRISTEN PAGE-KIRBY (EXPRESS)

Cutting our blow-drying time in half and saving hundreds of arm-cramping hours, the **CONAIR INFINITI HAIR DESIGNER** was a welcome surprise. The medieval-torture-looking thing on the barrel straightens and smooths, eliminating the need for round brushes, while ionic technology kill frizzies. ($60, amazon.com)

One coat of **CHANEL'S INIMITABLE MASCARA**, and you look natural, but better. Another swipe takes lashes to glamorous lengths. Non-smudging, non-flaking, and long-lasting, we'll be batting for years with this tube. ($26.50, Nordstrom)

TOCCA'S FLORENCE PERFUME was the clear winner in our women's fragrance race. Though there were some strong competitors — namely, Tommy Girl 10, Betsey Johnson and Marc Jacobs Splash — this scent neatly splits the difference between fancy and laid-back, sexy and sweet. ($68, Sephora)

Pricey but worth it, **BREMENN RESEARCH LAB'S LUMEDIA FACIAL BRIGHTENER** cleared up minor blemishes and left skin with the smooth, bright glow of someone who eats really well and exercises every day. This reporter now uses it twice a week, as she finds it irritating when combined with winter dryness, but it still works at full-strength. ($90, amazon.com)

Beauty

Makeup From Mars

To be honest, we think we're pretty good at describing cosmetics. But we're stumped when it comes to **CUSHION LIPS** from Vincent Longo ($18, Sephora). It's just ... weird. It smells kind of like Vick's VapoRub, if you were using it while eating licorice. The green color is supposed to bring out lips' natural undertones, but we didn't see that. And it makes your mouth tingle in a bizarre (but not unpleasant) way. Frankly, we're not sure this product is even from Earth. K.P.K.

Look out Online

from readexpress.com

Yellow Line Extension Starts

COMMUTING | This weekend, residents and visitors to the Green Line's Mid-City corridor — including the ever-popular U Street and redeveloping Columbia Heights and Petworth neighborhoods — started seeing Yellow Line trains serving the Metrorail route between the Mount Vernon Square-7th Street-Convention Center and Fort Totten stations.

The new Yellow Line service, approved last year as part of an 18-month pilot study, will run during off-peak hours and on weekends, which could help quell complaints that there isn't enough train frequency to those busy neighborhoods.

However, Yellow Line trains will continue to terminate service at Mount Vernon Square during rush hour periods in the morning and afternoon, when Green Line service is more frequent.

And while December has been largely free of track work, the new year will bring weekday, weeknight and weekend maintenance, including two major switch replacements affecting the Blue and Orange lines. This will include the closure of the Arlington Cemetery and Cheverly stations on certain holiday weekends.

Those who commute between 10 a.m and 2 p.m. on weekdays should expect single-tracking on segments of the Red, Blue, Yellow and Green lines.

Metro has full details on all the winter work at WMATA.COM.

MICHAEL GRASS (EXPRESS)

CAROLYN KASTER/AP

Mourners pass by the casket of Gerald Ford Sunday in the Capitol Rotunda.

On Cloned Animals

COMMENTS | Opinions were mixed about the weekend's Poll Center question, "Would you eat meat from cloned animals?". Said commenter Jennifer: "I work at the USDA where we clone animals on our property and I am still not 100 percent sure of this. ... I would wait until this practice is in effect for at least 5 years before I would dare go there."

"Just because we haven't found a problem yet does not mean that one does not exist," one anonymous commenter said.

Commenter PMMJ focused on the possible outcomes of cloning science: "I'm looking forward to eating meat from cloned animals. My goal is to live long enough to enjoy a tasty woolly mammoth burger."

→ Coming Up Today

While a number a dignitaries were not in D.C. this weekend to greet late-President Gerald Ford's casket at the Capitol, Peter Cook, 92, made his way from Grand Rapids, Mich., to pay his respects to Ford. Express spoke with Ford's longtime friend and high school classmate.

Poll Center

TODAY'S QUESTION

Would a surge in troops help the situation in Iraq?

1. Yes
2. No

FRIDAY'S RESULTS

Would you eat meat from cloned animals?

YES	NO
67%	33%

As of 5 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP

THE Blog LOG

"Well, another year down. New Year's is a pretty so-so holiday in my book. ... Thankfully, I didn't overdo it."

WANDERTOS.BLOGSPOT.COM IS A LITTLE "FOGGY AND ACHY" AFTER DOWNING APPLETINIS AND COCKTAILS ON NEW YEAR'S EVE — REMINDING HIM OF HIS REASONS TO CUT BACK ON HIS DRINKING LATELY.

Hi! Nice Armpit!

"We came to New York to do the Times Square thing and there we were, in Times Square, close to the stage, with a good view of the ball. We even made new friends. Of course, we had to make new friends."

CANDYSANDWICH.BLOGSPOT.COM FOUND IT EASY TO MEET PEOPLE WHEN CRAMMED UP AGAINST THEM IN THE NEW YORK CROWDS.

Sports = Malaise Cure

"To run the risk of quoting too many song lyrics in one post, rainy days and Mondays always get me down. Except today, when there's, like, a jillion college football games on TV."

SONOFCLOWNOPS.BLOGSPOT.COM DIDN'T SEE ANY REASON TO LEAVE HIS HOUSE, WITH A SLATE OF BOWL GAMES TO WATCH.

Watch and Learn

"If anything, this would begin to build a broader understanding of the importance of preservation within the city. I would suggest setting up the hearings so that visual presentations could be included within the television feed, as well."

URBANPLACESANDSPACES.BLOGSPOT.COM THINKS HEARINGS ON HISTORIC PRESERVATION IN WASHINGTON SHOULD BE SHOWN ON THE CITY GOVERNMENT'S TV CHANNEL.

Yeah, Yeah, 'Auld Lang' Whatever

"I made everyone count down for a second time because the first time was a bit anticlimactic. There was no kissing! It was so odd. We got to 'one' and I looked around, ready to take note of any pairings up, and everyone just stood there."

SVRSPY.BLOGSPOT.COM THOUGHT THE NEW YEAR'S COUNTDOWN SHE PARTICIPATED IN WASN'T EXCITING ENOUGH — BUT PEOPLE GOT MORE INTO IT BY SINGING AFTER THE SECOND TIME AROUND.

DO

LIVE ON A PRAYER. More specifically, a nun's prayers. The Salesian Sisters of St. John Bosco Eastern Province (whatever that is) need some money. So, if you toss some cash their way in the Adopt-a-Nun program (salesiansisters.org), one will pray for you for a year. It's not quite the buying of indulgences, but

Live Online

Ford's Legacy

Presidential historian RICHARD SHENKMAN was online Friday at washingtonpost.com to discuss the life of Gerald Ford and how history will view his presidency.

Did Ford ever consider re-running in 1980 against [Ronald] Reagan in the primary?

I don't believe that Ford considered running in 1980. When he left office, he largely left politics behind. Of course, at the 1980 Republican convention, he accepted an offer to become Reagan's running mate out of a sense of duty to party. But the deal fell apart after Reagan saw him chatting on television with Walter Cronkite about a "co-presidency." Reagan promptly told his aides to extend an offer to George H.W. Bush as veep.

Why did Mr. Ford delay his comments about how he felt about the Iraq war until after his death? It has been said about him that he put the country first, as one of his reason for pardoning Nixon. If that is so (i.e., he put his country first), then why hide his credible and respected voice about the Iraq war? Such a voice would have been enormously welcomed by those who also opposed this war.

I suspect that he thought that by the time the interview was published, the war would be over. Then his comments would be a footnote to history. Now they stand a chance of being part of history: part of his own history and part of the history of the Bush administration.

Is there any thought that not pardoning President Nixon would have had positive effects on the country?

Here's my take on the pardon. It was well-intentioned but clumsily carried out. A primary responsibility of presidents is to educate public opinion. Ford failed in that task by pardoning Nixon abruptly. He could have taken a week or two weeks to raise the issue, let people think about it, and then try to shape public opinion. And he needed to clear the air so that no one thought there was any kind of a deal with Nixon. A little spade work up front might have saved him and the country a lot of grief.

TODAY ON LIVE ONLINE: WTOP political commentator Mark Plotkin will discuss Maryland, Virginia and D.C. politics at 2 p.m. | washingtonpost.com/liveonline

Look out

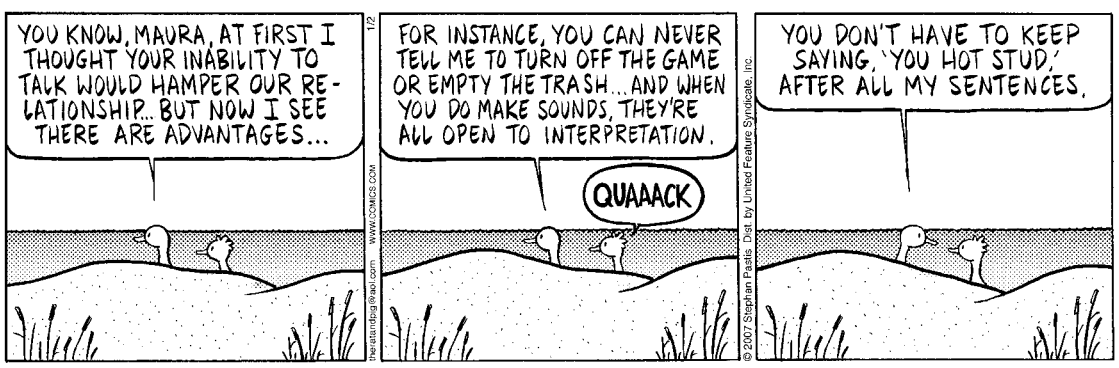
Bizarro | *Dan Piraro*

Cornered | *Mike Baldwin*

Bob's perfectionism came back to haunt him – and go over the figures again.

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

CAPRICORN (Dec. 22-Jan. 19) Avoid those who are unusually temperamental or demanding. Be sure to ask questions. Do what you can to keep your temper in check.

AQUARIUS (Jan. 20-Feb. 18) Do what you can to promote easy, soothing progress. Don't let others dictate your behavior without understanding why or what's in it for you.

PISCES (Feb. 19-March 20) If you can make money while indulging in a personal pleasure at the same time, all the better — but don't cross the line into illicit behavior.

ARIES (March 21-April 19) Let others have a say. Lighten up. Now is a good time for digging in and getting ahead on a pet project — on your own, if need be.

TAURUS (April 20-May 20) Positive factors must be highlighted. That which you do not know should not intimidate you; you should, rather, be intensely curious.

GEMINI (May 21-June 20) The usual kind of small talk is likely to bore you to tears. You're after something else from social situations.

CANCER (June 21-July 22) This is a good day for going about your business in the privacy of your own home. Try a new social outlet — but only after work is done.

LEO (July 23-Aug. 22) Willpower is an essential ingredient. You may be faced with unexpected challenges from rivals and other opponents.

VIRGO (Aug. 23-Sept. 22) You can do much to eliminate the negative or questionable — and you should be able to maintain a very even-tempered, steady, calm demeanor.

LIBRA (Sept. 23-Oct. 22) You may fall under the spell of someone new. Take care, however, that you don't sacrifice something invaluable just for a brief adventure.

SCORPIO (Oct. 23-Nov. 21) You may find that life can be just a trifle easier and more conducive to harmony at work and at home at this time. A memory serves you well.

SAGITTARIUS (Nov. 22-Dec. 21) You must be willing to explore unfamiliar territory when the opportunity arises. You needn't be such a perfectionist. Mistakes aren't permanent.

Letters

Dismay Over Gays Coverage

I WAS SHOCKED TO READ about religion and same-sex love referred to as "purely sentimental" ("A Gay Old Time," Dec. 27). This further fuels the misconception that love between certain persons is not possible and that religious marriage should have anything to do with legal tax benefits. I was also dismayed to read about a few celebrities who "self-outted" in 2006 ("Closet Cases," Dec. 29). Not only is the title offensive, but it's hard to imagine how self-propelled these revelations were, prompted as they were by the boot-kick of other celebrities. Express should be more sensitive to these controversial issues.

—JUSTIN REDPATH-DASCOLA
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1492 Muhammad XI, the sultan of Granada, the last Arab stronghold in Spain, surrenders to Spanish forces.

1900 Secretary of State John Hay announces the "Open Door Policy" to facilitate trade with China.

1935 Bruno Hauptmann goes on trial in Flemington, N.J., on charges of kidnapping and murdering the 20-month-old son of Charles and Anne Lindbergh. (Hauptmann was found guilty and was executed.)

1942 The Philippine capital of Manila is captured by Japanese forces during World War II.

1960 Sen. John F. Kennedy of Massachusetts announces his candidacy for the Democratic presidential nomination.

1965 The New York Jets sign University of Alabama quarterback Joe Namath for a reported $400,000.

2002 The No. 5 Florida Gators crush No. 6 Maryland 56-23 in the Orange Bowl.

Look out | People

GURINDER OSAN/AP

"I can't take Mel Gibson anywhere!"

TROUBLE

Breaking Into Song and Dance Won't Help You Now

One of Bollywood beauty **AISHWARYA RAI'S** bodyguards is accused of desecrating a temple in the Hindu holy town of Pushkar by entering drunk and roughing up worshippers who tried to approach the actress. Local priests are contemplating taking action against the star. (AP)

ENDINGS

How Utterly Mature and Non-Celebrity-Ish Is That?

MICHAEL JORDAN and his wife, Juanita, divorced Friday after 17 years of marriage. "Michael and Juanita Jordan mutually and amicably decided to end their 17-year marriage," the couple said in a statement. "There will be no further statements." (AP)

ROB CARR/AP

PROCREATION

Baby to Be Born With Nike Swoosh

TIGER WOODS had double cause to celebrate on Saturday when he announced on his 31st birthday that his wife, **ELIN NORDEGREN,** will give birth to their first child next year. "We are expecting our first child this summer," the golfer said on his official Web site. "Obviously, we couldn't be happier and our families are thrilled. I have always wanted to be a dad. I just wish my father could be around to share the experience." Woods' father died in early May last year after a battle with cancer. (AP)

SIBLINGS

'I Think I Really Like Ira or Maybe Engelbert'

So that's why she's been doing the kid movies!

JULIA ROBERTS is expecting her third child with her husband, cinematographer Danny Moder, her spokeswoman confirmed to People magazine Friday. The baby is due this summer, said Roberts' publicist, Marcy Engelman. News of the pregnancy first appeared in the New York Post's Page Six column. Roberts, 39, and Moder, 37, have 2-year-old twins, Hazel and Phinnaeus, who were born in November 2004. (AP)

IDA MAE ASTUTE/AP/ABC

"You would not believe how many frequent flier miles I have. It's amazing."

TRAVELS

Even Pitt Knows He's Now Just Mr. Angelina Jolie

ANGELINA JOLIE and Brad Pitt surprised fans in Panama City on Friday, visiting a souvenir shop, a colonial neighborhood and the Panama Canal. One resident yelled, "Are you Brad Pitt?" The actor smiled and said: "Sometimes," according to the newspaper Panama America. (AP)

VOWS

Comedians Were Overjoyed at Word of the Mohr-Cox Union

MATTHEW SIMMONS/GETTY

Comedian **JAY MOHR** exchanged wedding vows with "Las Vegas" actress **NIKKI COX** in a ceremony in L.A. on Friday, People magazine reported. Mohr, 36, first met Cox when he guest-starred on her show. This is the first marriage for Cox, 28, who was previously engaged to comic Bob Goldthwait. (AP)

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Cleared Job Fair
Exclusively for Cleared Job Seekers with Active or Current Security Clearances

ClearedJobs Net

Happy New Year. Mark your calendar to attend these upcoming Cleared Job Fairs.

January 11th, 11am-4pm, DoubleTree Crystal City, Arlington, VA
January 30th, 11am-4pm, BWI Hilton, Linthicum, MD
February 28th, 11am-4pm, Westin Tysons Corner, Falls Church, VA

Meet with Hiring Managers from these top defense contracting firms:

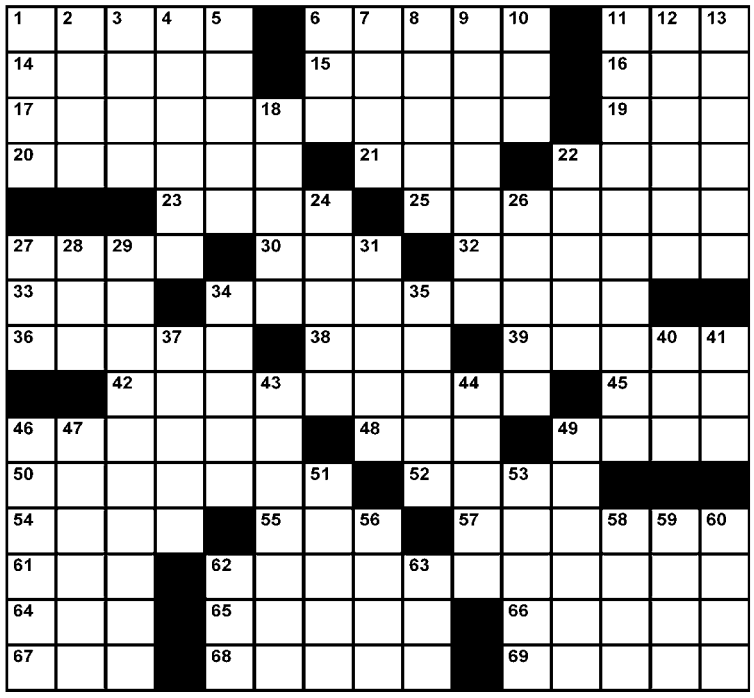
Below are just some of the many companies who will be attending these shows:

- Raytheon • Department of Homeland Security
- Lockheed Martin • U.S. Border Patrol • EDS Corporation
- Northrop Grumman • Worldwide Information Network Systems
- McClendon Corporation • General Dynamics
- L-3 Communications • Triumph Technologies • DTI Associates
- Terremark • BAE Systems • Computer Sciences Corporation
- Harris Corporation • Terradata Corporation
- Verizon Federal Network Systems • I2S Inc.
- Brickner, Kelly and Associates and many more coming!

All our Cleared Job Fairs are FREE to Security Cleared Job Seekers! Pre-Register, Post Your Resume and Search Current Cleared Jobs at WWW.CLEAREDJOBS.NET

LOOK out

Crossword | Rocky Road

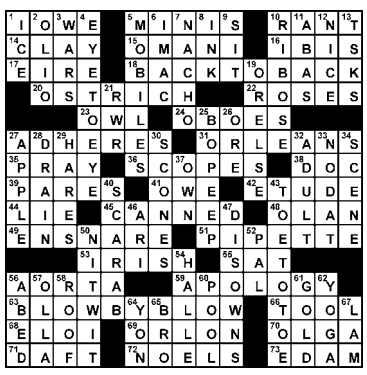


EDITED BY TIMOTHY E. PARKER

ACROSS
1 Seed coverings
6 Sings like Torme
11 LAX regulator
14 Reached or bribed
15 Japanese menu item
16 Article for Alamos
17 Standard Oil founder
19 Apr. 15 addressee
20 Stay attached
21 Some practice it
22 Disappear ___ thin air
23 Opposite of idles
25 MTV favorite
27 City transports
30 Greek letter
32 Start
33 Ike's WWII domain
34 Where 11-Down worked
36 Seed source
38 Word with "parking" or "odd"
39 Squirreled-away item?
42 Alternatives to mobile phones
45 Opposite of paleo
46 One responsible for managing clubs
48 "Dear old" fellow
49 Docs prescribe them, slangily
50 Lasting an eternity
52 Certain wrestler
54 Roast beef request, perhaps
55 ___ Paulo, Brazil
57 Foundation garment of yore
61 Sched. approximation
62 Stop on the PGA tour
64 Na Na lead-in
65 A ship deck
66 "I Believe ___"
67 Ted's role on "Cheers"
68 Dutch painter Jan
69 Advances

DOWN
1 Taj Mahal city
2 Crucifix
3 Something to scratch
4 Team in California
5 About a quarter of a cord
6 Niagara Falls-to-Buffalo dir.
7 Pick
8 Like ___ in the face
9 It may be pulled over someone's eyes
10 Word for a male superior
11 Animated fella
12 They come from pumping stations?
13 Arrange by categories
18 High body temperature
22 Ritual conclusion?
24 Driver's inconvenience
26 Insects in a transformative stage
27 Top corporate exec.
28 Rugged auto, informally
29 Lake Mead holder, originally
31 Refrain from
34 Magical wish-granter
35 Gas burners
37 Long-handled spoon
40 Valentine's Day's signature color
41 Discouraging words
43 Dinner course
44 Draw out
46 Show of affection
47 Erle's one-time rival
49 "West Side Story's" Rita
51 Weasel cousin
53 Shell competitor
56 Orchestral instrument
58 Dionne Warwick's "I ___ Little Prayer"
59 Supply and demand subj.
60 Consequently
62 A battery terminal, briefly
63 TLC dispenser

Friday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

2	3						6	4
			9		5			
	5						8	
		3	1		9	4		
	4	8				7	9	
		5	4		8	3		
	7						4	
			6		7			
8	9						2	7

© PUZZLES BY PAPPOCOM

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Friday's Solution

3	8	1	9	2	4	7	5	6
5	4	9	8	7	6	3	2	1
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WELLNESS

Smoke-Out

Kick the smoking habit this year with counseling, medication and the D.C. ban | E6

LOOKS

Invisible Ink

New tattoo ink might make body art easier and less costly to erase | E5

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GET MOVING, 2007

Resolution Solutions:

How to pick and stick with exercises | E4

GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

When to Forgive and When to Get Therapy

Q I'm having a hard time forgiving someone for some things that the person said to me in the heat of an unpleasant situation. The person has apologized, and I'm usually a live-and-let-live type of person, but this keeps sticking with me. I have a hard time being around this person, despite this person repeatedly trying to fix it and move on. —WRONGED IN MD.

OK– ...I'm standing on the corner of 17th and K just like you wanted. Now WILL you tell me what this is all about?

ERIC REECE

Wow — so you saw Michael Richards, too?

One possibility is that this person's haste to "fix it" is actually making it worse. Nothing ruins a good apology like a "Now that I said I'm sorry, would you please hurry up and get over it? And bring me the cold cuts while you're at it." Perhaps the apology feels less than adequate, direct or heartfelt. Or maybe there's something about this person that you just don't like, and hanging onto this transgression is the easiest way to push them away. Maybe you think there's a bigger issue underneath this screwup. Or maybe you just need more time and a nice hot bath. Try to imagine what, if anything, the person could do or say to make it better. In doing so, you might finally find out what it is that's keeping you from feeling all warm and fuzzy again.

Q I think my boyfriend of two years is depressed. He is paralyzed by even the smallest decisions, he can sleep for 14-hour stretches on a regular basis and his default mood is anxious and stressed out. He claims that he's been this way since he was a teenager. Is it really possible for "unhappy" to be a personality? My boyfriend says he'll consider therapy if you think it would be worthwhile. —METRO AREA

Your boyfriend didn't know what he was getting into. To hear some people tell it, I'd recommend therapy for having a bad shoe day!

Truthfully, your boyfriend does sound like he's dipping his toes into a depressive pool, and you're wise to be concerned. Some people have bouts of major depressive episodes, some people tend toward dysthymia (which is more chronic and low-level). Still others have problems managing their stress and appear depressed when they're just anxious and fried. What's one way to see what the real issue is? You guessed it — therapy. It can help him understand how to feel better. It will also help him determine what it is that makes him willing to accept "unhappy" as a lifestyle like other people accept "I enjoy listening to Yanni." Some people don't dare hope to feel better because they are scared, for various reasons, of their life being good or even OK. Your boyfriend might not think he needs therapy, but it's admirable he's willing to give it a try.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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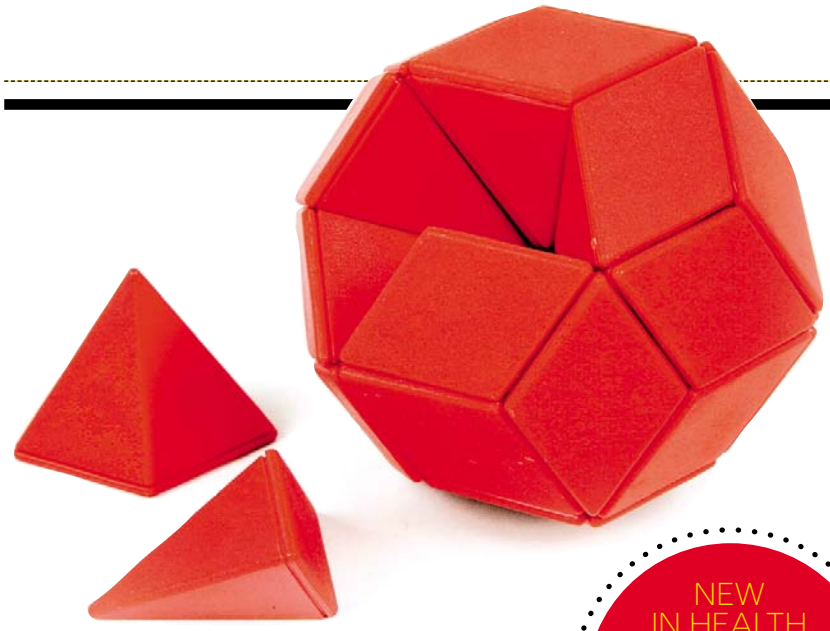


Brain Drain

THE BALL OF WHACKS ($30, creativewhack.com) sounds intimidating: It's a rhombic triacontahedron made of 30 magnetic pyramids. Its maker, author Roger von Oech, claims it stimulates creativity, citing a study showing that peeling apples upped scores on a mental acuity test. The point is to build other shapes, of which the included book suggests a few.

We made a few stars and then wanted to go back to apple peeling.

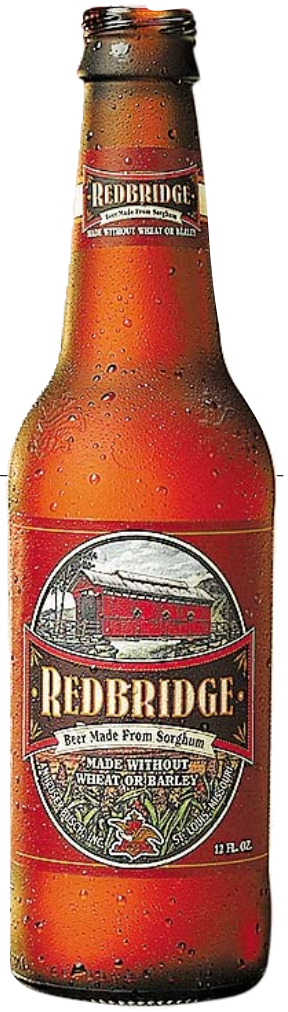
NEW IN HEALTH **warm ups**

Mind the Nap to Perk Up

FIGHTING THE URGE to doze off midday isn't just hard. It could also be bad for you. "Take a Nap! Change Your Life" ($13, Workman) by Dr. Sara Mednick extolls the virtues of the mini-sleep (anywhere from five minutes to three hours) as a way to improve your work performance, look more beautiful, have better sex and reduce the risk of heart attacks and strokes. Then she tells you how to figure out when and how long to nap makes the most sense for you.

Cheers for Celiac Beers

FOOTBALL SEASON USED TO BE tough for folks with gluten allergies. Drinking a cold one never referred to a beer, with its offending wheat and barley. But now there are several safe options, including Redbridge, a sorghum brew from Anheuser-Busch. Our celiac taster deemed it more delicious and "authentic looking" than other gluten-free beers on the market. And our beer snob? "It's got a soft mouth feel, almost velvety. I would drink this."



Fun With Feet

RUNNING IN SNEAKERS with Play-Doh in the soles probably wouldn't be much fun. You'd make an imprint of your heel and then get shin splints. But maybe kids will be more likely to prance about if they believe they have the smelly compound under their feet. At least, that seems to be what Reebok is thinking with its new colorful toddler footwear ($30 a pair). Each set of brightly hued shoes comes with two 1-ounce containers of Play-Doh. But, luckily, the padding inside the sneakers is a traditional gel cushioning. Just don't tell your kids.

▶ Although they're adorable, you have to be tiny to fit into them. They're in toddler sizes 4 to 10.

PRODUCTS

GuineaPig

The After-Party, In a Handy Box

BECAUSE YOU'RE READING this on Tuesday, that meant we were in the office working on this on Monday. And you may recall that 24 hours ago, you were lying in bed dehydrated with a pounding headache, too weak to brave the gloomy rain outside. So we turned to the Korres Party Survival Kit ($30, skinstore.com), a package promising to perk us up and make us presentable for the office.

We started by popping open the tiny tubes of moisturizer and cleanser, which were effective but delicate with just a hint of floral scents. A few dabs under the eyes and a rub over the hands invigorated us enough to leave home. (We didn't have time to shower, but the guava gel and body butter seemed like quite good ideas).

It was on the walk to the Metro, when we started chomping on a piece of the "refreshing chewing gum," that we actually imagined we might get through the day. The burst of lemon propelled us through the commute. And we thanked the Korres company that we had nine more pieces.

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express

fit | Phys Ed

Joggers have tons of public green spaces to enjoy in the nation's capital.

D.C. Ranks High in City Healthiness

Thought Los Angeles was where the health nuts hang out? Not so, according to Cooking Light magazine, which reveals its list of the country's 20 healthiest cities in its new issue.

D.C. landed at No. 3 on the list (behind Seattle and Portland, Ore.), and Baltimore snagged the 11 spot. The Schwarzenegger state's first and only appearance is at No. 5 — for San Francisco.

"We were looking for the cities that best exemplify what Cooking Light is about," said editor Mary Kay Culpepper. So her staff not only examined stats from the Centers for Disease Control and Prevention, but also factored in the number of farmers markets and public green spaces. "D.C. is one of the premier cities for walking around," she noted.

Serving up tasty food in restaurants also gave D.C. a push. Although lots of eats might increase residents' waistlines, Culpepper said they're also critical to shaping eating behaviors. "It gives people a standard to judge their own cooking and it inspires how they cook at home," she explained. So take that, L.A. V.H.

VITALSTATS

85

PERCENTAGE OF PEOPLE IN A DUKE STUDY WHO SUPPORT TAX BREAKS FOR COMPANIES THAT PROVIDE EXERCISE SPACE FOR EMPLOYEES.

Year of Exercise

Start slowly to keep your New Year's resolutions

With bubbly in hand and a silly hat perched on your 'do, it's a cinch to vow that you'll attend kickboxing class every day of 2007 and look like you belong on the cover of a fitness magazine within a month. But you don't even need to totally sober up to know it probably won't happen.

GETTYIMAGES

If you want to use New Year's as a jumping-off point for making over your life, the first rule is starting small and specific, said Cathy Moxley, a Germantown-based coach and author of "The Busy Mom's Ultimate Fitness Guide" (busymomsolutions.com). "Instead of saying, 'I'm going to be more active,' say, 'I'm going to take the stairs instead of the elevator at work,'" she suggested. One of her clients recently found success always opting to use the bathroom on a different floor of her office building.

And start slowly, added Kelly Bradley, founder of D.C.'s Bradley Wellness (bradleywellness.com), who said that although it may be tempting to throw yourself into an entirely new routine, winter is a better season for assessing your situation.

"Take that time to see what's gone on in the past year. Spring is the time to do new things," Bradley said, advising gentle methods of adding exercise. "Try something like restorative yoga instead of a strenuous activity." Her favorite poses for this are sun salutations, a series of 12 postures that can be repeated in an endless flow.

While taking stock of your health, hopefully you'll come across what Moxley calls "a personally compelling motivator." It might be a health concern or just a desire to look better in a bikini, but you need something to focus on when you're feeling lazy or burnt out. If it matters to you enough, that'll keep you going. "Think about if you offered to pay someone $1 million if they worked out three times a week for six months. That person would find the time," Moxley said.

Scheduling manages to derail some of the most dedicated resolvers, so it's critical to map out not just what you're going to do, but when you're going to do it. Mark your gym time in your day planner, Moxley advised. "If it's not written down, it doesn't look official," she said. But don't get thrown off if something pops up and gets in the way of a workout. One slip up — or even 19 — doesn't mean you should give up until next year. No free time for Pilates? Just get up from your desk and take a swift stroll.

"People think a five-minute walk isn't going to do anything," Moxley said. "But the habit is more important than the content. Get moving ingrained in your life and the rest can come later."

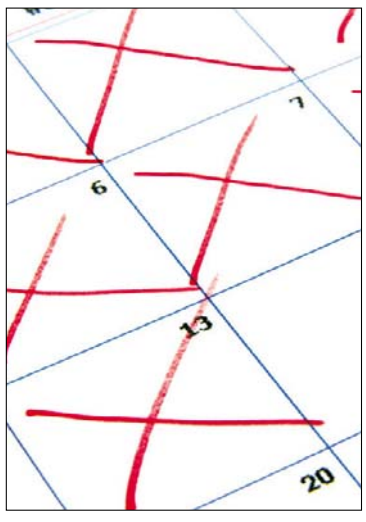
When you're ready to up the ante with heavier-duty cardio and weight training, pick times that will work with your schedule and allow you to be consistent. Early mornings are often best for busy people who can't predict what the day will bring, some folks swear by sweating over their lunch breaks and others crave a stress release after work.

> "Get moving ingrained in your life and the rest can come later."

If none of those are a natural fit for your life, Moxley suggested mixing it up to make your exercise demands less overwhelming: Get one workout in over the weekend, do another one morning and squeeze in a third at lunch.

Then write down how it all feels, Bradley said, extolling the virtues of a wellness journal. "Keep track of your energy, what you enjoy doing for exercise and what you're forcing yourself to do," she said. You may start the year committed to ballet class to get in shape, but maybe you'll realize in May that you really want to join a soccer team.

It may not be what you promised your pals you'd do while you were downing champagne, but if it works for you, go with it. In the end, the only resolutions that really matter are the ones that you can keep. VICKY HALLETT (EXPRESS)



How Long Until I Stop Hating This?

It usually takes about one month of regular exercise before your routine starts becoming second nature. "At that point, your hard work will all seem worthwhile," said Walter R. Thompson, Ph.D., a professor of kinesiology, health and nutrition at Georgia State University. That's how long it takes for your mind and body to adapt to your change in schedule — and for you to start noticing results. To ensure you'll make it to that 30-day marker (and well beyond), it helps to transition into your exercise program. So instead of going from zero workouts to a seven-day-a-week routine, he suggests committing to just four days of exercise. As you start to see physical changes, increase your frequency, but always take a midweek break. It's also smart to recruit an exercise buddy or attend a regularly scheduled fitness class; research shows that both of these strategies can make you more accountable and motivated. To keep your mind focused and to help you get past minor setbacks, come up with goals both short-term (drop 1 pound by next week) and long-term (lose 15 pounds before your class reunion in six months). (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)

Undo the Tattoos

New ink can make skin's statement temporary

You once adored Janie, but Laura is your honey now. That dragon circling your arm wowed your college buddies, but the executives in the office aren't nearly as impressed.

You can remove a conventional tattoo, but it'll cost you a lot of time and money.

Just as the number of Americans sporting tattoos has soared in the past decade, so has membership in another group: people who want their body art removed. Only then do they come to know that laser tattoo removal is painful and expensive and may not do the job completely.

Soon there may be a solution to the phenomenon of tattoo regret — removable tattoo ink. A company founded by doctors says it will begin selling such ink early this year. The ink is applied just as with any tattoo, and will remain in place as long as desired. But if the owner later decides that the artwork has to go, it can be removed fully and safely with a single laser treatment.

The founders of the company, New York-based Freedom-2 LLC, say their goal is to help those who have come to regret permanently decorating their bodies. But backers say the technology will not only simplify tattoo removal, but it will also create an expanded market for body art, since consumers can be now assured that the tattoo will come off easily and without an exorbitant cost.

"I think it will open a floodgate for people who want tattoos," said Dr. Bruce Saal, a Los Gatos, Calif., dermatologist who specializes in laser tattoo removal and has invested in the company. But others wonder whether tattoo artists and their customers will spurn the new ink if it doesn't meet their artistic needs.

Almost one-quarter of U.S. adults have at least one tattoo, according to a study of 500 Americans published September in the Journal of the American Academy of Dermatology. Of those, 17 percent were considering removal, the survey found.

Most conventional tattoos can be removed, but even a simple, small, one-color tattoo can require several laser treatments at a cost of around $1,000. Removals of large, multicolored tattoos can require more than a dozen laser treatments and cost $5,000 or more. And, no, laser tattoo removal is not covered by medical insurance.

Multiple treatments are needed to avoid skin damage from the laser. During tattoo removal, brief pulses of energy are aimed at the tattoo, heating skin cells and breaking up the ink particles. Then the body's natural ability to remove foreign particles clears away the ink fragments. The top layer of skin, however, often bleeds and forms scabs. Because of the inflammation produced by the laser, only a small area of skin can be treated at a time.

Some people who have gotten tattoos in recent years may have assumed that laser tattoo removal would deftly deal with any regrets, says Dr. Tina Alster, director of the Washington Institute of Dermatologic Laser Surgery in Washington, D.C., and who is not associated with Freedom-2.

But, she adds, they are often stunned to learn of the cost and time involved. "They thought it would be as easy to take off as to put on — in just one session," she said.

Freedom-2's ink is removable because it is encapsulated in tiny beads made of a synthetic material used in surgical glue. Because of the way the beads are constructed, they fall apart when laser energy is applied. The company will sell only black ink initially but will eventually add other colors. It is also developing a "time-limited tattoo," which will dissolve and fade over time.

SHARI ROAN (LOS ANGELES TIMES)

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7-Year-Old Itch

■ As if fears about scarring children emotionally wasn't enough of a guilt trip for parents who want to get divorced, researchers think that break-ups may cause kids to develop the allergic skin condition eczema. In a study that appeared in the journal Allergy, children whose parents split before they were 2 years old had three times the chance of developing the problem. Stress could be affecting their immune systems, but it could also be caused by environmental changes such as exposure to smoke and pets.

Get a Grip on Stress

■ When the relatives started complaining about how the gravy just didn't taste right this year and chef Mom gripped Dad's hand in response, it wasn't simply to squeeze hard and make him feel her pain. A University of Virginia neuroscientist just published a study showing that holding a husband's hand can make happily wedded women instantly less stressed, according to brain scans. There are plans to study men's reactions to hand holding, as well as that of less-happy couples.

Give Botox a Hand

■ Hand wrinkles can be vexing, but a little droopy skin isn't nearly as annoying as writer's cramp. It turns out both can be fixed with an injection of Botox, according to a study of 40 patients with writer's cramp conducted by a neurologist in Amsterdam. Of the 20 who got Botox shots, 14 reported an improvement and wanted to keep going. Only six of the half receiving placebo shots chose to continue.

Butt Out Beyond Bars

New Ban May Encourage Smokers to Give Up Their Cigarettes

Ashtrays will disappear from bars Tuesday and packs will stay put in pockets during happy hour and into the night as the second part of D.C.'s smoking ban goes into effect. Some folks are bummed by the law, while health advocates are pleased to clear the air to reduce the number of people exposed to secondhand smoke.

MARVIN JOSEPH/TWP

Starting Tuesday, smokers won't be able to light up in Madam's Organ, above — or any other bar, lounge or restaurant in D.C.

But it seems everybody agrees about one thing: This is going to make it easier to quit smoking. "A lot of people will just say, 'Enough! It's too much of a hassle to be smoking outside,'" said Tom Glynn, director of cancer science and trends for the American Cancer Society, which has noted the drop in addiction wherever bans have gone into effect.

Madam's Organ, the boozy blues bar on the 18th Street Northwest strip, is known for letting customers listen to the music. But for its smoking employees, owner Bill Duggan also encourages them to face the music by offering up a bounty of $1,000 for kicking their nicotine habit. No one hit the jackpot in 2006, but Duggan has high hopes for one staffer who's going for 2007 — he's even upped the ante to $2,000.

The ban, he said, could come in handy. "You always hear people say, 'I only smoke when I'm drinking.' And in this job, you're around other people and they're drinking and smoking," he said. "Once you don't have smoking in the bars and no one offers them a smoke, it'll be a whole lot easier. At least they won't be able to use that refrain."

Inconvenience alone often can't get people to totally kick the habit. That's when counseling is critical, and anyone can get it by calling 1-800-QUIT-NOW. The D.C. Quitline, which launched six months ago, offers those who hope to quit five free telephone sessions to walk them through the process from selecting a quit date to navigating the various medication options (you can get free nicotine replacement therapy through a partnership with the American Lung Association) and relapse prevention.

Monday was a popular quit date for people with New Year's resolutions, but those who want to make it to next January as non-smokers should be prepared to set a few others throughout the year. Cheryl Healton, president of the American Legacy Foundation (and a former smoker), said relapsing is almost a certainty. "A typical smoker takes too long between quit attempts. Rather than wait until New Year's each year, try to quit every month," said Healton, who suggests looking at the ALF's new Web site (becomeanex.com) for tips.

> "Rather than wait until New Year's each year, try to quit every month."

These repeated attempts aren't failures, but part of the process. "Analyze the cause of the slip and work to avoid that in the future," Glynn advised. So, if it was because you were hanging out with pals who light up, ask them to stop doing it around you or avoid them for a few weeks to strengthen your resolve.

Healton recommended varying whatever routines in your life include smoking. "If you always have coffee and a cigarette in the morning, have strong tea instead," she said. "If you always sit in the same place on the Metro before getting off and having a cigarette, sit somewhere else."

And if you're a friend of wannabe quitters? Be aware that they'll be nasty for a while, Glynn said. But offer to be a resource if they need pals to talk them out of going for a puff, and never be dismissive. "The most important thing to say as a friend is not, 'There you go again,'" Healton said.

Starting today, a better option may be, "Meet me for a drink."

VICKY HALLETT (EXPRESS)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are your hips and lower back sore and stiff? Is the pain worse in the morning, at night or after periods of inactivity? What about other joints? You may have **ANKYLOSING SPONDYLITIS**, a nasty form of inflammatory arthritis with a fondness for the spine and hips. In some patients, it'll stop spontaneously; in others, it'll continue until the vertebrae fuse together. You'd better hope they fuse the spine upright, because walking and standing with a permanently curved back can be difficult. The ribs can fuse, too, making breathing a chore. Treatment involves relief of pain and, if necessary, making sure the bones fuse in non-debilitating positions.

SOURCE: RAREDISEASES.ORG, MAYOCLINIC.COM. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

Nutrition | fit

KEN HIVELY/LOS ANGELES TIMES

YUMMY FOR MY TUMMY: Cleansers made with ingredients such as psyllium husks, above, are used to help flush the colon.

Does Detox Rock?

The rich cleanse their bods with trendy diets

Past the desert scrub and cacti, at the end of a long drive to nowhere sits a fenced-in oasis guarded by a big gate. Press the secret code and enter a paradise: A spa where the rich and beautiful flock to purify their bodies of the chemical excesses of 21st-century existence.

"Between the stresses of everyday life (deadlines, relationship struggles, traffic) and the impurities found in processed foods, the body is full of toxins and the mind, tension," declares the Web site for the We Care Spa. "We Care is leading the new movement of detoxing the body and hence, the body and soul."

Guests go without solid food for anywhere from three to eight days, subsisting on a liquid diet that supposedly helps flush their systems of pollutants and preservatives while still providing vital nutrients.

They gulp down 14 individually formulated drinks daily to boost their energy and loosen stuck matter in their colons. They imbibe endless cups of fresh vegetable juice, gallons of blood-purifying tea and enough water to grow a tree in the desert.

Then, packed to the gills with fiber and herbal laxatives, they receive colonics, lymphatic massages and Korean skin scrubs to help flush the toxins.

A spa such as this, with a price tag that can run into the thousands, is definitely for the well-heeled. But its focus on detox is part of a larger alternative health trend that has been briskly growing in the past few years. Celebrities and health faddists both do it.

Through scouring out their innards, drinking gallons of liquid and popping pills and powders, these enthusiasts hope to purge themselves of accumulated metabolic waste and man-made poisons — fighting disease, sharpening minds, increasing stamina and (with all that intestinal flushing) flattening bellies.

> "Our body's own capacity to detoxify itself is beyond anything we can design."

A plethora of DIY detox books are available to help them, and a bevy of detox products exists, too, on natural health store shelves. In fact, cleansing and organ supplements (largely consisting of herbal-based cleanse and detox kits) make up the fastest-growing segment within the herbal formulas category, says David Browne of SPINS, a market research and consulting company for the natural products industry. Last year's growth was twice that of the year before, he says.

Most people who do detox regimens speak of them with the zeal of religious converts. They can't wait to detox again.

But medical professionals urge caution. Most scientists say there is no evidence to support the notion that these cleansing methods do anything except perhaps dehydrate you and throw off your electrolyte balance. When people do the regimens to excess, they can get muscle cramps or pass out, and sometimes even push their kidneys to begin to shut down. "It is fraud," said Dr. Peter Pressman, an internist and attending physician at Los Angeles' Cedars-Sinai Medical Center. "It is a distortion and misapplication of science and medicine. Kidneys and livers don't need rest. They don't need water in huge quantities. Our body's own capacity to detoxify itself is beyond anything we can design."

HILARY E. MACGREGOR (LOS ANGELES TIMES)

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Some people never give up.

Like Harry Freedman, Sport&Health member since 1979. In 2004, a front-end loader crushed his leg and doctors had to amputate. Harry weighed his options, either fade away or train as before. Guess which he chose?

Some people need an incentive to start. Like free enrollment.

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